Law of Attraction
MANIFEST THE HEALTH, WEALTH, LOVE & LIFE OF YOUR DREAMS
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LAW OF ATTRACTION

Manifest the Health, Wealth, Love
& Life of Your Dreams

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HOW TO USE THIS GUIDE

This book is a wonderful guidebook about the law of attraction and how it can alter your life and provide you with virtually anything you desire. From increased health to increased wealth, love, and virtually any life experience you desire, this book will walk you through the process to attract it into your life. For that reason, it is important that you understand exactly how this book works and how you should expect to use it.

The easiest way to use this book is to allow your intuition to guide you. Choose to open any page you desire, work through it in your own unique order, and pay close attention to the sections that call to you on a personal level. Anything that feels right, do it. While the principles of the law of attraction remain the same, how you choose to enforce them in your personal life may vary from how others choose to do so. Furthermore, it may vary from experience to experience. Therefore, follow your intuition and apply the practical practices in any way that feels comfortable and appropriate for you and your unique desires.

In each section, you will see one chapter dedicated to the topic of the section overall. This chapter will assist you in increasing your ability to attract blessings in that area of your life in general. For example, in the health section, you will find opportunities to increase your health overall. In the wealth section, you will be provided with daily rituals and routines that you can practice to increase your general wealth. The same will apply for both love and life, as we explore these two sections in a broad sense, and daily routines and rituals that you can apply to

experience more abundant blessings in these areas of your life in general.

As you progress through each part of the book, you will discover that each section is dedicated to a particular area of its primary topic. For example, under wealth, you will find a chapter dedicated specifically to acquiring wealth from unknown sources. These chapters will help you with specific attraction practices and will include specific rituals and routines you can enforce in your life to increase your blessings in these particular areas. Again, you may feel called to alter or implement your own unique strategies, but the basic principles of the law of attraction will be provided in each.

In each chapter, you will find important information about what the chapter entails. This includes who the chapter is for, and how the law of attraction will work given the unique topic of the chapter. Then, you will discover the Six Steps to Attraction. These six steps include those that you will discover in the introduction, as well as throughout the book: ask, believe, visualize, act, receive, and gratitude. Each of these will be discussed in detail based on the topic of the chapter, providing you with inspiration and direct examples of what you can do to adapt these practices to the unique topic of attraction that you are working on in that chapter.

Next, you will find a meditation. This meditation is best if listened to in the audiobook version of this book, but you may read through them and simply recall them as you guide your own unique meditation if you so desire. It is, however, recommended that you listen to them as this is how you will gain maximum impact. Before each meditation, you will be provided with a brief explanation of what to expect and what you should do for the meditation. Each meditation can be completed as many or as few times as you desire, or as is needed for you to attract what you have asked for. Some may be useful over and over again, such as when you are learning to attract peace and abundance into your life, whereas others may only need to be used once, such as if you are

alleviating the pain you are experiencing from a headache.

It is important that when you are using the meditations provided within this book that you are not attempting to accomplish anything that requires your conscious attention. Meditations will put you into a deeply relaxed state that takes your conscious concentration and awareness away from your task at hand. Therefore, if you are the type of person who enjoys listening to audiobooks on the go, I encourage you to either pause and wait to complete the meditations at home or from a comfortable and quiet place where you will be uninterrupted, or skip them and return to them when you are ready to embark on them. Always make sure that you are in a place where you can comfortably relax and where you will not need to use your awareness or attention to complete anything. This is not only important for your safety, but it is also important as you will want to ensure that you can fully embrace the meditative state to receive the benefits that the guided visualization will have to offer you. If you attempt to complete these meditations without the meditative state, you will likely not gain all that they have to offer you. Do yourself a favor of starting off right and using them in a safe and comfortable environment where you can get the most out of them.

Each chapter has been designed to help you master that particular area of the law of attraction. This will ensure that you are given the best opportunity to attract anything you desire. This book was designed to guide you through specific practices and teach you real-life things to try and to enforce to attract what you desire into your life. Whether you desire wealth and fame, peace and great life experiences, or health and your best body yet, you can attract it using this book. Use it alongside your actual physical practices to ensure that you get the most out of it and that you are confident in your practice and all that you have the power to accomplish. Read it all the way through, listen to part of it and then set it down and start again later, listen to it over and over for years to come, or listen in any way that feels right for you. This is your journey and your experience with the law of attraction, so don’t be afraid to customize it to feet your unique

needs.

If you are ready to embark on your journey and learn about exactly how this book will serve you and assist you in exploring the law of attraction and how you can implement it into your own life, please feel free to begin. Remember, this book is merely a guide for your journey, so feel free to press play or pause at any given time. You may construct your own path and simply use this book as a stepping stone, or you may follow it as the guide that will lead you to where you desire to go. How you choose to venture forward from here is entirely up to you.

INTRODUCTION

Laws are essentially a system of official rules that we follow, often as a part of a society or community. When we break the laws, there is some form of consequences we must face as a penalty for our actions. So, it is highly fitting that when it comes to manifesting, there be one very important law: the law of attraction. A law that, all too often, people fail to recognize and regularly go against. Thus, they face the harsh penalties: ill health, ill wealth, miserable love lives, and difficult lives in general. By directly working in opposition to this very basic law of life, we essentially hand ourselves the fine which we pay with our own happiness and wellbeing.

The law of attraction is one that is often talked about, and often misunderstood. It is so basic that people, complete with their natural and unknowing tendencies, try and pick it apart and make it difficult. They want to know the specific structures of this law, the "code" to crack it, and hacks to make it work faster, or better, or more accurately. People are so desperate to make it work that they fail to realize a very simple yet very critical fact about the law of attraction: it is so basic that you truly cannot get any simpler. Without complicating it in any way, the law of attraction works like this: want something, and get something. Period. There is nothing else required to reap the benefits of following the law, as you are intended to.

Unfortunately, human psychology steps in and removes the simplicity from the law. Our natural tendencies cause is to believe it is false, that we are unworthy,

and to otherwise cloud our mind with noise that takes away from the simplicity of the law. As a result of this noisy clutter, we forget that the law only requires those two parts. We add in many other elements, such as obsessing, doubting, worrying, and compulsively lying to ourselves and others about what we actually feel inside. "I *do* believe it though!" we argue, trying to convince ourselves that the conviction with which we utter our affirmations accurately reflects the confidence we feel inside when it comes to those same affirmations. In reality, we are often at internal war with ourselves, trying desperately to make it easier while our highly trained minds attempt to infuse the law with difficulties. We believe worrying will give us the attention needed to see the opportunities passing us by, that doubting will protect us if they don't come yet again, and that obsessing will ensure that we are clear enough in what we are asking for. By lying, we hope that *maybe* the universe hears our false confidence, rather than the true feelings we are feeling inside which often reflect anything *but* the hope, faith, and courage that is needed to actually believe in this stuff *and* make it work for us.

The law of attraction had existed since as early as 391 BC, when it was officially documented by a Greek philosopher known as Plato. In reference to the law, he noted: "Likes tend toward likes." Since then, the law has been studied, torn apart, slapped back together in a series of unnecessarily complex "guides," and ultimately become a topic of interest for many people who wish so desperately to lead a better life.

In addition to having firm roots in the real-world, the law of attraction also boasts the fact that it is backed by supporting evidence collected from hundreds of studies done across the world over many years. Psychologists have proven its effectiveness by asking mentally ill patients to learn to refocus their thoughts to those that are more positive to attract a more positive and joyous lifestyle. Neurologists have proven that visualization, a key component in the law of attraction, helps people create a better future with more clarity and conviction.

Geneticists have proven that the limiting beliefs you hold in your mind are likely inherited and that you can use the law of attraction to eliminate them from your life. Many different fields of scientists have worked together with the law of attraction to prove how well it works in the real world, on real people, with real lives just like you.

So, then, if the law has been around for so long and has even been scientifically proven to be true, why is it that so many people struggle to believe in it and make it work for them? The answer, as we have been discussing, is simple: you are making it far too difficult for yourself. Or, maybe you have never even heard of it, and this is your first time really investigating the law of attraction and how it can help you lead a magnificent life. Either way, journey with me as we explore how the law of attraction can help you generate a life filled with great health, prosperity and abundance, the type of love that you only hear about (or so you think), and so much passion, joy, and exciting experiences that you almost can't believe it is your life. Only, by the end of this book, you *will* believe it is your life because you will have learned to silence those noisy thoughts and allow the simplicity to take over and serve you with the best results possible. It is just that simple.

Before we officially begin, I want to discuss one more thing with you: strategy. There is a very specific strategy we will use when it comes to attracting what you want into your life. The law of attraction works like this: ask, and receive. However, because humans have a tendency to complicate things, I have created a very simple step-by-step practice for you to use to ensure that your mental noise doesn't cloud you from being able to receive your blessings. It works like this: ask, believe, visualize, take action, receive, and show gratitude. Asking will ensure that you clarify what you want. Believing is the step where you eliminate doubt and worry in favor of hope and faith. Visualizing is where you can increase your belief and clarity, as this is the step you *must* incorporate to eliminate mental noise and cloudiness. Taking action is the step where most

people get confused: the common practice is to take action that is driven by worry, doubt, and fear. To truly gain the benefits from the law of attraction, you must act in a way that deliberately keeps you focused toward attracting your desire without taking away from it through fearful thoughts and actions. Receiving is the step where you receive what you want, and while it is simple, there are a few things you need to pay attention to so you truly receive what you want. Lastly, gratitude is a necessary practice in the law of attraction. This is the practice you use after receiving something to show that you are grateful and to continue increasing the great feelings you have without allowing yourself any time to write off your blessing as a “coincidence” or otherwise.

I will bet that now you understand the six-step process, you are ready to begin putting it into action and receiving great health, wealth, love and blessings. If you are, then it is just about time that we begin! If you are ready, please turn the page or continue listening to this audiobook so that you can embark on the next chapter of your life: the one where you intentionally ask for what you want and receive it effortlessly. Enjoy!

PART 1: HEALTH

CHAPTER 1

ATTRACT THIS

Believe it or not, the law of attraction is powerful at helping people achieve better health overall. Whether you want to lose weight or manage your weight better, feel less stressed, reduce the amounts of aches and pains you feel, experience better recovery times from illnesses and injuries, or sleep better and experience greater energy levels, the law of attraction can help.

The law of attraction is particularly helpful with health because it features many practices that are known to help lower stress levels in general. Lowered stress has been linked to decreased risk of illness and injury, and improved health levels overall. Whether you want to improve muscle tone and increase strength, sleep better, manage diseases better, or otherwise experience greater health, lowered stress levels can greatly help.

In addition to lowered stress levels improving your health, the law of attraction can help you intentionally focus your body on healing and living a healthy life overall. One thing that is commonly expressed in the law of attraction is this: if you persistently keep your attention and focus on negative and unhealthy thoughts, you will experience physical manifestations of that through disease. Remember, the scientific side of this is the stress that is brought on by these thoughts, but there is more to it than that alone.

When you focus consistently on thoughts such as “I’m always going to be overweight, I can’t seem to get my eating under control,” then you relinquish your control to food. You essentially affirm that in the presence of food, you cannot keep yourself from eating unhealthy choices, or overeating. For thoughts such as “I will never live a happy life because of my chronic illness,” you unconsciously affirm that your illness will always be in control of your life and that you will never be able to be happy as a result. The majority of the thoughts

you are thinking are relinquishing your power to illness or disease, essentially taking away your power to have a healthy and enjoyable life despite these things.

The law of attraction works best on your physical, mental, and emotional health when you take the time to invest in it properly. This means that you cannot expect it to change overnight. It is likely that the thoughts you have been having surrounding your health and wellness have existed for a long time. In fact, according to geneticists, they may not even belong to you. The thoughts you have about your health may be inherited through your genetic makeup. They may also be taught to you through your social conditioning growing up. For example, if you had a close family member who frequently expressed that they were in consistent ill health and it was beyond their control to do anything about it.

The reason you are in ill health now, whether it is temporary or chronic, is likely created through thoughts that you may not even be aware of. If you have not already been practicing self-awareness, then you may not realize that you are consistently thinking thoughts that are preventing you from successfully moving past your disease and ill health.

To begin using the law of attraction to improve your health and wellness, there are a series of rituals that you can practice on a regular basis. These rituals will help you in creating a space where you can practice the law of attraction and welcome the benefits of your actions in effortlessly. We will focus on how these rituals fit in to the six-step process of manifesting that I outlined previously, starting now.

Ask for what you want. When it comes to asking for good health, it is simple! Just say what you want, clearly and kindly. There is no need to do anything special. You do not need to jump around on one foot while you stick your tongue out or do the hokey pokey and turn yourself around. Instead, simply ask for what you want. Say something like:

- “I want to experience better rest, so I feel more energized.”
- “I want to experience greater physical wellness so that I can stop feeling so achy all of the time.”
- “I want my physical fitness to improve so I can lift more than any of my friends combined.”
- “I want to be able to outrun the fastest athlete there is.”
- “I want to dance with the grace of a gazelle.”
- “I want to lead a healthier life that is no longer commanded by my diabetes.”
- “I want to lower my blood pressure so that I can live without fear that stress may actually kill me.”

You get the point? Ask for what you want. When asking, do not worry about why you are asking. Whether you want to live a life with less fear, feel more energy, or be the best there is, it does not matter. The universe will not judge you for asking for what you want. In fact, the universe does not hear the “why,” nor does it care for listening to the “how.” The universe wants to know one thing: what you want. Then, it wants you to sit back and allow it to provide for you. Period.

Believe that what you want is possible. This is the step where the compulsive lying comes into play. People often want to tell themselves and others that they really do believe what they are asking for, even though there is a voice inside of them saying “no, I actually don’t” every time they affirm this subject. This voice may be loud and obvious, or it may be a tiny ping you feel inside of you that subtly objects to what you are saying. No matter what the volume of this voice or feeling is, however, it is extremely detrimental toward your success. If you want to be successful, you need to operate from a space that quiets this down

completely and allows your entire being to get on board with the whole thing.

To believe that you will have better health, you need to start in a place that feels good for you. If you are someone who has suffered your entire life from bad health and you are now sick of hitting your head against the wall, so you are willing to try anything, there is a good chance that you are filled to the brim with doubt. If you are scared that this won't work and you will be doomed forever, you can add a healthy dose of fear and worry into that doubt as well. These are three emotions that will completely douse your chance of success. Don't let that happen.

Start small if you need to. Rather than trying to attract complete health in a single bound, try to attract something smaller in the beginning. Perhaps you may try with attracting one feel-good day, or a solution to just one of your health problems that you face. As you begin experiencing success, move your way up until you can say with complete conviction that *"I want to be healthy and I KNOW this is possible for me"* and not a single ounce of you cringes against the idea.

If you find that you are cringing, it is important that you slow down immediately. Do not continue to affirm something that you are opposed to inside. This will actually lead to you conditioning yourself to further oppose your affirmations, making it even harder for you to

Visualize the type of health that you want. This is the part where you get to play around and invent any creation you desire. Whether you want more energy, to sleep better, to lose weight or maintain your weight with ease, to become stronger or have greater stamina, or to become healthier if you are in otherwise ill health, you want to take the time now to visualize it. Many people have a wide variety of health goals, so the best way to use this part of the practice is to consider what a completely clean bill of health would look and feel like for you. Consider yourself at your best, as you see it, and think of as many details as you

possibly can. You want to consider what your physique looks like, how you feel, and what really stands out to you that you are most proud of. Consider how your better health helps you enjoy your life more, and what it grants you as a result. Go as in-depth as possible, and visualize often.

Act on your desires. This is the second step where most people struggle to get past. As we have discussed, many people are prone to acting based on fears, rather than acting with intention. They dream of how beautiful their life would be if they were to have the proper health they long for, and then when it comes time to work toward achieving that health, they fear that they are not capable of doing it. The biggest problem with this limiting belief is this: your brain is a master at winning at everything that you set out to do. When you limit yourself, your brain masters the art of limiting so well that you genuinely feel as though there is nowhere for you to go and no opportunity for you to achieve anything beyond what you have already achieved. In terms of health, this would lead you to falsely believe that you are not capable of experiencing greater health because it simply isn't available to you. Based on the law of attraction, however, we can conclude that this is false. The health you desire *is* available to you. If you don't believe it, take the time to look up instances where others have overcome similar health struggles as you are facing. Everywhere you look, you can read articles of people that are now healthy after facing struggles with weight challenges, illnesses, and even fatal diseases like cancer. If you want perfectly good health, then perfectly good health is available to you. If you are saying "no it's not" in response to that, then you need to exercise the art of believing once more! Then, you need to act in accordance with what you want your mind and body to believe. If you want to have a better physique, begin going to the gym and working for one! If you want to overcome cancer, begin meditating and practicing techniques that you learn about through your research that have helped others before you do the same. If you want to learn to manage a chronic illness such as diabetes so that you can live your life with diabetes and diabetes

does not live your life for you, then begin researching opportunities for you to live such a life, and begin practicing and taking advantage of those opportunities, now. Do not leave yourself with any time or room to worry that you may not do it right, or that the outcome won't be in your favor. You have already been living under the thumb of your ill health, and until now your limiting thoughts, beliefs, and behaviors have done nothing to serve you and bring you forward. Begin believing and acting in a manner that suggests you are to be healthy, and health will be yours.

Receive your blessings. This is actually a very simple step, yet so many people struggle to take control of it. They see the opportunity to finally have what they want, and suddenly all of those old and outdated beliefs trickle back in, and they begin to get feelings of unworthiness, or disbelief. All of the hard work they have invested into acquiring what they want is suddenly failed when the universe hands them what they are looking for, and they self-sabotage out of fear of what it would be like to actually have what they want. Alternatively, they achieve it but they never genuinely accept that fact, so they end up feeling as though they are still the person they were before, often continuing to hold onto this belief until they lose it once again so that they can affirm that they never, in fact, truly had what they wanted. Both of these self-sabotaging behaviors come from not knowing how to genuinely receive what the person wants. Remember, your brain is a master at winning, so if you don't take the time to believe that you truly will receive what you want, your brain will ensure that it goes away again so that you do not receive it. It never wants to be proven wrong.

So, the best thing you can do is practice receiving! This ultimately comes by keeping your beliefs fierce and protecting them with all of your strength. Begin protecting your dream and believing that it is already yours early on so that when you do have it, it is easier to accept. Then, when you accept it, don't allow yourself to wallow in feelings of unworthiness or disbelief. Instead, say things like "of course I would achieve such greatness, I win at everything I want!" or,

“I am worthy merely because I asked for this and now I have received it. The very fact I have received it proves my worth!” Affirm that your results *are* for you and that you *are* worthy of having everything you ask for in life. Discard the beliefs that you have to put in some heinous amount of work or that no matter how much you try and you give, you are not worth what you ask for. These are not serving beliefs, and they will result in you self-sabotaging and losing the very things you want to work toward attracting.

Gratitude this is your opportunity to “give back.” Many people feel as though a simple “thank you” is not enough when we receive something, especially when it is something massive. Gratitude is a great way to say your “thank you” and genuinely mean it. It is the ultimate present you can give back for getting what you have asked for. It can be as simple as saying “thank you” and then genuinely enjoying and taking advantage of what you have been given, or it can come in larger ways, such as actually purchasing a present for someone, taking them for lunch, or otherwise treating them to something nice for your blessing. You can say a prayer, nod your head, or simply feel into the joy that comes from getting what you want. How deep you feel your blessing is up to you, but the more you practice being grateful, the deeper you will feel your blessing. This is important for three reasons. First: it is important because it is good manners, plain and simple. Second, giving gratitude when you are grateful for your circumstances is a great way to show your thankfulness and begin receiving more blessings. It has been proven that people who express gratitude for the things they receive in life are more likely to receive more in the future. Lastly is the third reason: it fills the time between blessings. Between when you receive a blessing you have asked for, and when you are ready to ask for another, it can be easy for this silence to be filled with mental chatter that can take away from your blessing. This is where self-sabotage can come in, resulting in you losing what you asked for. To avoid this, express gratitude.

CHAPTER 2

SLEEP AND ENERGY

As we discussed in the previous chapter, the law of attraction is an incredible tool to use if you are looking to increase your quality of sleep and experience greater levels of energy throughout the day. Instead of looking for quick fixes, natural cures, or anything else, using the law of attraction can help you naturally manifest healthy sleep and increased energy levels so that you can enjoy your day better.

Who this is for:

Virtually everyone suffers from difficulty sleeping and low energy levels at one point or another. This state may be caused by a temporary situation as a result of working long hours, experiencing other illnesses (such as a cold), or even something such as stress or an early morning construction crew working outside of your house. It may also be something that you experience on an ongoing basis, such as from chronic stress, poor sleep habits, ill health, insomnia, or other ailments. Whether you are struggling with your sleep and energy as a result of something temporary, or as a result of something more permanent and ongoing, the law of attraction can help you boost your sleep so that you get a better quality rest at night and experience greater levels of energy throughout the day.

How it works:

The law of attraction surrounding sleep and energy works by having you ask for a better quality of rest and greater energy levels, and then receiving. Of course, if you will recall, in Chapter 1 we discussed how you could use the law of attraction step-by-step specifically with your health. A great way to attract better sleep and energy levels is to plug sleep and energy directly into that six-step process. Here is some inspiration to get you started:

- Ask: Start by asking for what you want. Simply say, "I would like to have a better night's rest so that I can experience greater energy levels tomorrow."
- Believe: Work toward eliminating anxious and stressful thoughts that keep you from resting and that keep you from believing that you can experience this type of boost.
- Visualize: Imagine what it would be like if you rested better, and if you were to experience more energy throughout the day. What more could you accomplish? How would you feel? What would your moods be like?
- Act: Begin practicing activities that will help you rest better at night. Go to sleep earlier, have a regular bedtime routine that you practice each night, turn the lights down low, turn off your technology, and try using meditations such as the one you will hear later in this chapter to help you rest more. You can also try using the energy boost meditation that you will hear later in this chapter to help you increase your energy levels during the day, as well as infuse your day with natural energy-boosters, such as a better diet and exercise.
- Receive: Be willing and open to receiving a life where you sleep better and experience greater energy. A great way to do this is to declare that you are officially ready to receive this blessing and that you are already grateful for it, knowing that it is on its way to you.
- Gratitude: When you have woken up after a great night of rest, thank the universe and express gratitude for the day before you. When you notice your energy levels have exceeded what they once were, thank the universe and show gratitude for your accomplishment. Don't keep yourself showing it only during the first time, either. Show gratitude daily for this wonderful blessing that you have received.

Meditation for Sleep and Increased Energy:

Now it is time for the first meditation! If you are reading this book as opposed to listening to it as an audiobook, I heavily recommend that you invest in the audiobook version so that you can take full advantage of these meditations, which are included in each chapter along the way. If you would prefer to read it, try and memorize the steps in each meditation so that you can follow them when you do stop to meditate on your own.

The following meditation is intended to help you with sleeping better at night so that you can enjoy greater energy levels the following day. If you are ready, we will begin, now.

“Welcome to a bedtime meditation. During this meditation, you can expect to be talked into a deep state of rest. One where you will feel completely rejuvenated upon awakening, and ready to face your day with greater energy and excitement than ever before. But, before we get there, you must first rest, completely. If you are ready to experience a full night’s rest, it is time to lay down, tuck yourself in, and get comfortable, now. Wiggle around if you need to, to get yourself comfortable, and then go ahead and relax. When you are ready, I ask you to please soften your gaze and find a spot on the ceiling directly in front of you that you can focus on. No need to close your eyes just yet, instead, simply gaze at this spot as you soften your eyes and relax, now. I want you to pay attention to your body, and notice how it feels with each breath that you take. Breathe in deeply, to the count of six… one, two, three, four, five, six… then hold it for a moment before exhaling to the count of six… one, two, three, four, five, six… great. Now, continue with this breathing pattern for a few moments, filling your

lungs with oxygen and fully spending it before refilling your lungs once more. Now, when you are ready, I want you to close your eyes. I don't know if you will close them quickly, or if you will slowly drop them down, blinking until they no longer wish to be opened anymore. With your eyes closed, now, I want you to picture yourself in a hallway. This hallway can be any color you choose, whether that is black, white, purple, blue, red, or even green. You can decide exactly what color this hallway is, as you begin walking down it. As you walk, you notice that you can't see the end. However, each time you take a step, you notice your body feels heavier and heavier. Step by step, you make your way toward the end of the hallway, feeling the weight of your body growing as you grow sleepier, now. As you approach the end of the hallway, you can see a door that is slightly ajar. You take a few more steps, feeling so…sleepy… as you continue walking. When you reach the door, you lightly press it open, exposing a room that is filled with one very comfortable looking chair. Nothing else seems to be in the room except for this chair. Elated, you walk up to it, now. Then, when you reach the chair, you collapse into it. Finally, your body feels completely supported. The tiredness you feel is now being soothed by the chair as you sink in and let it take the pressure of your day off of you. You can't help but notice how comfortable you are as you sit in that chair. You close your eyes, noticing how relaxed you feel, now. Sure, you could open them again, but you are so comfortable that you would rather stay in this chair with your eyes closed, completely. You dream of what the new day ahead of you will be like, and how much fun it will be to experience all of the joys that will come your way. In your mind, you dream of what it will be like to go about your daily duties, and you wonder about what types of exciting blessings you will face throughout the day. After all, blessings are always coming your way. After you have dreamt all that you can dream, you let your mind go blank as you simply sit there and enjoy the chair. The next thing you know, you are completely asleep. You are resting, completely, knowing that after you have experienced your great sleep, you can face your day with infinitely more attention and focus due to all of your rest."

Meditation for Energy Boost:

During the middle of the day, you may find that you need a quick boost to help you re-energize and continue to your day. If so, you are likely not going to want to use a meditation that requires you to sleep first! For that reason, we have included a lovely energy-boosting meditation that you can use to help you recharge during your day in a matter of minutes. If you are ready, we will begin with that meditation, now.

“What a beautiful day, isn’t it? Whether the birds have been chirping and the stars have aligned in your favor, or if you are simply grateful that you are still here breathing and existing, isn’t it beautiful? There is so much to be grateful for, especially when you look for reasons why. Still, you may need a little boost to get you where you want to be and take you where you want to go. If you do, I want you to find yourself a comfortable spot to sit for a few moments where you know you will be uninterrupted. Once you have, I want you to sit with your back straight and your hands in your lap with your palms facing up to the ceiling, ready to receive energy and blessings from the universe. Now, when you are ready to begin recharging and receiving, I want you to close your eyes. With your eyes closed, now, I want to picture yourself standing on a launch pad, as if you are a rocket getting ready to take off into space. All around you, you see the soft golden glow of the sun that lies directly above you. The ground, the launch pad, and even your skin are all glowing under the sunlight as it illuminates the world before you. Through seeing this golden light, you are empowered and charged. You feel yourself gently lifting off, heading up toward the sun that lies above you. The higher you go, the faster you seem to travel. Everything begins shining brighter and brighter as you near the sun. Although you can feel the warmth on your skin, the sun is not burning you. You are not being damaged by its presence. Rather, you are feeling more and more recharged, the closer you get to it. Before you know it, you see the sun before yourself. You are so close you

could practically reach out and touch the rays coming directly off of the center of it. As you admire the sun and feel its rays piercing you with energy, you notice a cord coming out from the center of your body, by your solar plexus chakra. The cord extends, reaching directly into the core of the sun. The light from the sun begins beaming up the cord, and you feel yourself being filled with its powerful energy. You feel as though you are taking a much-needed drink after being desperately thirsty. You continue charging for a few moments until you feel completely recharged. Then, the cord disconnects and retracts back into the center of your body. Once it has, you begin lowering back toward the Earth, this time with great speed. Of course, you are in control. When you come within' reach of your landing pad, you slow down and gracefully land upon it. The entire world continues to glow with the golden sunlight, but suddenly it looks so much more graceful and beautiful than you remember. When you are ready, you can open your eyes, now. Ready to face the day, completely recharged and equipped with all of the energy you need to accomplish what lies before you. Many blessings, dear friend."

CHAPTER 3

PHYSICAL FITNESS

Physical fitness is something many of us want but do not feel as though we are completely capable of having it. We may struggle with our diets, our motivation to get up and work out, or feel a series of other blocks preventing us from being able to achieve our desired fitness goals. Fortunately for you, you have the magic key that is going to unlock all of your desires and bring your fitness goals into your reality. That key is called the law of attraction.

The law of attraction can help you attract virtually anything you want, including your desired level of physical fitness. Whether you want to be a fitness guru that people look up to, a fitness model, to look better in your pictures, or simply to feel better about yourself and more capable of physically showing up for your life as a result of your physical fitness, the law of attraction can help you. There are many ways that this beautiful law works, and you are about to learn about exactly how it can help you with your physical fitness.

Who This is for:

Whether you already have the body you want and you simply want a boost in maintaining it, or if you are looking to achieve the body you have dreamt of for so long, the law of attraction can help you achieve your dream body. This practice is for you if you are looking to achieve or maintain the results you desire when it comes to physical fitness. This includes anything pertaining to your stamina levels, strength, cardio abilities, and otherwise. If you want to improve from where you are now, or if you want to stay motivated in maintaining your present abilities, the law of attraction is the perfect tool to help you do so!

How it works:

Using the six-step law of attraction process to attract your dream physique is a great opportunity to really get to dream up your desired looks and achieve them. There truly is no limit when it comes to dreaming at this stage, so be open and be free! This process will emphasize mostly on asking for what you want and setting a clear intention, and then believing in yourself and taking action. You will learn more about this through the six-step process.

Six Steps of Attraction for Physical Fitness Goals

Begin by asking for the fitness goals that you desire to achieve. If you want to have better stamina, ask for it. If you want to have more toned muscles or look better in the mirror, ask for it. If you want to be able to keep up with your kids, impress your partner or potential partner, or win a championship medal for your physical fitness, ask for it. Do not be stingy here, ask for anything you desire.

Take the time to believe that it is possible for you to achieve the physical fitness that you desire. Any time you notice a negative or contradictory thought creeping in, take the time to eliminate it by asserting something positive. Say something such as “Maybe that is what the old me thought, but the new me has decided to believe that anything is possible so long as I choose to have it in my life.”

Next, invest in the process of visualization. Visualize what your life would be like if you were to have the body or physical fitness that you want. How would it enhance your life? What would you look like? What will help you determine that you have achieved it? Use the meditation later in this chapter to help you with the visualization process.

Begin acting in the way that will help you attract your body to you. Learn how you can clean up your diet, workout more, engage in physical activity, and learn about other solutions you can use to help you begin having a healthier body. Build your physique by acting accordingly with how the new and improved fit

version of you would act to have the body that he or she has.

As you notice your results, begin affirming that you deserve them and that you are actively working toward what you want! Celebrate each milestone and continue moving forward. Use these milestones as motivation to continue, not as a reason to slow down or become complacent. Receive by accepting the results and continuing forward, not by moving backward.

As you achieve milestones, and especially once you achieve your ultimate goal, be sure to express gratitude! However, when it comes to building your physical fitness, you can express gratitude along the way, too. Each time you wake up and work out, express gratitude for your body allowing you to use it in such a way, and for being able to find the time in your day to fit your fitness in. Each time you lose weight, gain muscle, lift heavier weights, or look better in the mirror, express gratitude for yourself and your body for allowing your dreams to come true. Continue expressing gratitude as you go, and even after you achieve your dream body. This will help you continue to see it as a blessing so that you are more likely to maintain it.

Meditation for Attracting Physical Fitness Goals into Reality:

Meditating and visualizing your dream body is a great way to help you really anchor in what you want and stay focused on achieving it. The following meditation is one that will help you get clear on what you want your body to look like, and how having this body will change your life. If you are ready, sit down in a comfortable chair and make sure that you are in a place where you can be left alone to focus for a few minutes. Then, begin the following meditation.

“In your comfortable chair, sit with your back straight and your feet planted firmly on the floor. When you are ready, relax your head back, perhaps against a comfortable pillow, and close your eyes, now. With your eyes closed, I want you to imagine that you are standing in a completely bare room. You are looking

around, and all you see is white. White walls, white floor, and a white ceiling. There is no window in this room and no door. When you turn around, however, you notice a mirror behind you. So, you look at it. Only, when you see yourself, it isn't what you expected to see. Instead of seeing yourself as you are, now, you see yourself as you desire to be. Your muscles are toned, you are strong, and you look amazing. All of your fitness goals have come true, and you can see yourself looking back at you. The reflection is so attractive that you almost can't believe it, but you know that this is, in fact, you staring back at yourself. You run your hands over your biceps and abs and take the time to feel what they actually feel like, noticing how they are real and not just an illusion of your mind. You notice how vital and fresh you look, and how youthful your new physique makes you appear. You fit into the clothes you have desired to fit into for so long, looking attractive and filling them out perfectly in all of the right places. You smile and look past your reflection to see what is in the background. Suddenly, you see things in the background that make you smile. In the background of the person in the mirror, all of the things that represent your new, fit life are present. You see a kitchen filled with healthy foods, signs of running shoes, workout clothes, and other fitness gear in the front. Your place looks clean and fresh, closely resembling how you feel at this moment in your life. It looks so cozy and familiar like that place is actually yours. And that is because it is yours. That is *your* life, as you have dreamed of it, and as you want it. Without thinking, you step into the mirror. A little startled, you look down at yourself and notice that you are now the body you were just looking at. Your abs are toned, your muscles are strong, and you look and feel great. You look up and take a closer look at the room around you, noticing how vibrant your life is now that you are physically fit. Take in your new life for a few moments, now, as you relax and enjoy what it feels like to have achieved all of your fitness goals. When you are ready, you can open your eyes. Allow yourself to come back into the room, relaxing into your body and feeling confident in who you are. The same confidence you carried within your dream you will now carry with you, knowing that the person you

just imagined is inside of you and you have all of the opportunities that you need to bring that person into your reality.”

CHAPTER 4

STRESS

Stress is something that plagues virtually everyone in the world. From minor stress such as having to take a different route to or from work to major stress such as dealing with illnesses with yourself or within your family or simply chronic stress due to not having effective stress-management techniques in place, we all know stress on some level or another.

For some people, stress is something that only lasts a short period of time. Perhaps they have strong stress-management skills in place, and so they know how to overcome stress, or they simply don't find themselves running into many experiences with it. For others, they may feel stressed on a regular basis. Perhaps they dislike their job, are unhappy in their relationship, find stress in their family, or experience chronic ongoing stress elsewhere in their life. Furthermore, there are some who are currently experiencing major episodes of stress. Perhaps you or someone you love has fallen ill, you recently lost a job, or you moved far away, and you are now recovering from the drastic change in your life. Regardless of what has caused stress in your life, it can be difficult to manage, and you may feel that you need a little boost to help get you to where you want to be. The law of attraction can significantly help you when it comes to reducing stress levels and leading a more peaceful and positive lifestyle, which you will learn about, now.

Who this is for:

The law of attraction to help heal stress is for absolutely anyone who is experiencing stress. No matter what level of stress you are experiencing, how long you have been experiencing it for, or how it measures up in comparison to previously stressful experiences, calling on the law of attraction can be a great

way to boost your ability to overcome stress and begin enjoying your life once more.

How it works:

To use the law of attraction to overcome stress, you want to start by plugging it into the six-step law of attraction process that we have been discussing. This works similar to other law of attraction health strategies but does vary slightly in terms of how you want to approach it. For this part of the process, you will focus heavily on belief and visualization. You want to watch your thoughts carefully and focus heavily on the attraction process by discarding anything that you do not desire to keep within.

Six Steps of Attraction for Eliminating Stress

Start by asking for what you want. In this case, simply state “I want to be stress-free.” Keep it simple, to the point, and clear. If you are experiencing something in your life that is particularly stressful, you may want to ask to be rid of the stress that said event is bringing your way. Again, keep your statement clear and intentional. It also works well if you provide a “deadline” for when you want to be stress-free by.

The next step in the process is to believe that you can lead a stress-free life. This part can be hard, especially if you are experiencing an enormous amount of stress, or if you have been experiencing it on an ongoing basis. However, you should take the time to believe that you are capable of living a stress-free life. Anytime you feel thoughts coming into your mind telling you that you are not capable of living a stress-free life, remind yourself that you are fully capable. If you begin experiencing stress, do not use it as evidence that you are not capable of living a stress-free life. Instead, use it as an opportunity to affirm that you can

overcome stress and you have the power to choose stress-free over stress-full. When you do overcome it, use that as your evidence that you are already capable of living a stress-free life, merely because you made the choice to believe so.

Take time in your life to visualize what a stress-free life looks like for you. Ask yourself questions such as: how does being stress-free help me enjoy life more? How do I feel when there is no stress present in my life? What does my day-to-day life look like when I am a stress-free person? How do I overcome stress when it inevitably comes my way when I am in my new stress-free life?

Work toward implementing strategies in your life that will help you overcome stress. Meditate using guides such as the one later in this chapter, practice breathing exercises to calm yourself, learn to engage in more peaceful activities to offset stressful ones, and look for evidence that you are capable of overcoming stress to genuinely enjoy your life and all of the experiences it has to offer you.

As you begin noticing that you are leading stress-free days, or that you are capable of overcoming stressful events easily, take the time to really become aware of these achievements. You do not want the pursuit of a stress-free life to become stressful. Instead, become aware of your stress-free solutions and achievements and celebrate yourself for them. The more you are stress-free, the more you can celebrate!

Express gratitude for yourself, your ability to overcome stress, and your life every time that you lead a stress-free life. You can do this by saying thank you, or by going out and doing something peaceful like visiting a spa or taking an extra day off one week to celebrate your new stress-free life, free of stress!

Meditation to Eliminate Stress:

When you are experiencing stress, it can be helpful to have a meditation that you

can rely on that will assist you in alleviating stressful symptoms. Remember, unlike other strategies, using the law of attraction to attract a stress-free life does not exactly mean that you will never face stress again. Instead, it means that when you do, you will have attracted new and more efficient strategies to help you overcome the stress and continue living your otherwise stress-free life. Essentially, it is a practice of attracting in stress-reducing skills that are necessary for helping you face standard day-to-day experiences.

The following meditation is a great tool that you can use in a heartbeat to help you overcome any stress you may be experiencing. If you are experiencing stress on an ongoing basis, use this meditation at least once per day to help you alleviate your stress. Preferably, use it at the end of the day. If you are only experiencing occasional stress, use it on an as-needed basis. If you are ready, we will begin the meditation, now!

“You can perform this meditation anywhere, so long as you can relax for a moment. For this unique meditation, you can choose whether you want to sit, lie down, or even stand as you complete the process. You may also choose whether or not you want to close your eyes during the meditation. Some people like to complete this meditation in the shower, where they can feel as though the stress is literally washing away from them, and others like to complete it sitting or lying down, where they can rest into the relaxing state that they are left with after alleviating symptoms of stress. You may choose how, when, and where you want to use this guided visualization to help you alleviate your stress symptoms. When you are ready, I encourage you to relax your body. Allow your muscles to relax, and let gravity take over. If you are choosing to stand, ensure that you do not relax so much as to lose balance or otherwise potentially fall over. Instead, simply allow them to soften and to release any tension you may be carrying around in your physical body. When you are ready, I want you to imagine the stress inside of your body. Picture the stress as tiny black particles, almost like dust piling up inside of you. Notice where you feel the stress the most, and

visualize the particles there. Perhaps you are carrying your stress in your neck, or shoulders. Or, perhaps you are carrying it in your fists, or chest. You may even be carrying it in many places of your body. Anywhere that you are carrying it, become aware of now. Notice how much blackness you are visualizing within your body, and what it looks like for you. When you are ready, I want you to imagine these black particles floating up and out of your body, almost as if they are evaporating into the air above you. Slowly, each particle begins to shake free of its location and gently rise into the air, vanishing just a few feet above you. They keep shaking free and evaporating until all of these tiny black particles have completely disappeared. I want you to pause for a moment now and notice every last one disappear from your body, now. When you have seen them all disappear, I want you to go ahead and notice how much lighter your body feels without them there. If you feel inclined to, imagine a golden white light shining down over you, finally shining light on the areas that were previously covered by the black dust particles of stress that burdened your body. Enjoy the golden white light for a few moments, allowing it to refresh your thoughts and bring you back to a peaceful state of mind. Then, when you are ready, you can bring your attention back into the room. Shake off your arms and legs, stretch out your back, and feel your feet against the ground as you ground yourself and bring your awareness back into reality. Now, with your stress officially evaporated and gone, you can begin enjoying your day in a stress-free environment once more.”

CHAPTER 5

ACHES, PAINS AND MORE

A common complaint when it comes to our health is one that consists of something along the lines of aches, pains, or general signs of ill health. These may be random, or they may be specifically attributed to an injury or illness. Either way, feeling aches and pains within our body is not enjoyable, and it can deplete our quality of life, leaving us feeling unwell and unhappy. If you want to learn how you can alleviate these random aches and pains, or any that may be associated with a known injury or illness, the law of attraction is a great tool to use.

The law of attraction allows you to intentionally focus healing and wellbeing in various areas of your body. So, if you are experiencing aches as a result of an injury, you can intentionally set your focus upon healing the said injury. If you are experiencing pain as a result of an illness, such as fibromyalgia, cancer, diabetes, heart disease, Crohn's, or any other disease, you can also rely on the law of attraction to help you in dealing with your symptoms. We will explore two sections in this chapter: how you can alleviate aches and pains that are either random or as a result of illness or injury, and how you can attract a solution to your ailments should you be faced with something that seems to be irreparable.

Who this is for:

The law of attraction is excellent for anyone who is presently experiencing aches and pains within their body. Whether you are experiencing aches and pains for an unknown reason, such as at random or as a result of an undiagnosed illness, or if you are experiencing them as a result of a known cause, you can use the law of attraction to help you overcome these aches and pains. The law of attraction can not only help you manifest healing within your body, but it can also help you

manifest solutions if solutions are needed. Perhaps, for example, you can manifest the funds to access specialized medical care, or you may manifest the discovery of a treatment that works for you. You never know what is available to you unless you ask, and the law of attraction is the best way to ask and receive!

How it works:

As with all forms of law of attraction-based manifesting styles, you want to implement your request into the six-step process we have designed to help you manifest your desires. By accurately adapting your desire into the six-step process, you can find ways to overcome your aches and pains and resume a quality life that is filled with health and wellness. As we are looking at two sections here: random and known-cause aches and pains, and attracting solutions, we will look at two versions of the six-step process. One will focus specifically on aches and pains, and the other will focus on discovering a diagnosis if one is needed.

Six Steps of Attraction to Alleviate Aches and Pains

Begin by asking for what you want. State something such as: “I want to be free of these aches and pains.” Keep it clear, and keep it simple. If you know the cause, include that in your statement. For example, “Please alleviate the aches and pains I am experiencing in my knee as a result of my arthritis.” Being clear helps you set your intention and focus on the healing aspect.

Although it can be particularly difficult, especially when it is associated with your wellness, you need to take the time to genuinely believe that you can be freed from your aches and pains. Whenever you find yourself in disbelief or saying something to the effect of “I will never live without this pain” or “I will never be able to feel the same again,” immediately take the time to become aware of this thought and replace it with something positive and honed in faith. Say something such as “The old me would believe there is no end to this pain,

but the new me chooses to believe that my body is fully equipped with everything that it needs to completely heal itself of this pain.” Set the intention and make it clear that you are choosing a new thought pattern.

Take some time to dream of what your life will be like once the aches and pains are gone. What are you going to do when they no longer exist? How are you going to feel? Are your emotions going to be in a better place as a result? How will it impact your friendships and relationships in general? Will it become easier for you to resume your work activities? Your daily activities? Think about all of the many ways that you will be able to enjoy your life once the aches and pains are gone.

Begin acting in ways that will help you resolve the pain. Later in this chapter, you will be provided with a meditation called “Meditation for Healing Aches and Pains.” This meditation can help you with healing aches and pains regardless of whether or not the source is known, and what nature the source is. So, if it is an ongoing illness, or something completely random, this meditation will help. Additionally, you can begin exploring ways that you can alleviate your unique type of pain. Consider safer natural solutions first before opting for medical-based ones if they become necessary. Always be sure to do your research and work together with a trained professional in the circumstances directly affecting your wellbeing to avoid making your aches or pains worse, however.

Take the opportunity to notice all of the time that you are feeling good, not all of the time that you are feeling bad. When you focus too heavily on the times that you are struggling, you will stress yourself out, and you will find that when you are not physically in distress, you are mentally in distress. Learn to openly receive the pain-free times by paying attention to them and becoming aware of how frequently you experience them in your life.

Express gratitude for those pain-free times, too. Each time you can do something

without experiencing pain, or you can go several hours enjoying yourself without being held back by your pain, express gratitude. Take note of these and give thanks back to your body for healing you and helping you lead a wonderful life. Nourish it, exercise it, rest it, hydrate it, and care for your body as a thank you for it taking care of you, too.

Six Steps of Attraction for Receiving a Diagnosis

If you have been steadily working toward managing your aches and pains, but you are still looking for a diagnosis or an answer as to why they exist in the first place, you may find that you want to manifest a solution or an answer. Living with chronic aches and pains and no valid reason as to why can be stressful, so you will want to take as much time as you can to validate these feelings and use the law of attraction to call in an answer so that you can have closure and move on toward your good health. To do so, simply state "I would like a diagnosis or an answer explaining why I am feeling this pain in my body."

For some people, they search for a significant amount of time to find answers and become discouraged when they find none. In the beginning, they may be filled with hope and belief that the answer is coming their way. After some time goes by, however, and they see enough confused or uncertain looks on the faces of their physicians, it can become stressful. Still, you need to find it within yourself to have faith that your answer is coming. Believe that you will be able to find the reason behind your ailments and know that the answer is coming your way. Anytime you find yourself doubting the validity of this, take the time to reaffirm yourself with the belief that it can, and it will come true.

Visualize what your life is going to be like when you have the answer to what you are dealing with. The meditation that comes later in this chapter, "Meditation for Attracting a Diagnosis" can help you in discovering why you are facing the ailments you are facing. You want to take the time to really pay

attention to what your life is going to look like after the diagnosis. How are you going to deal with the diagnosis? What are you going to do to use it to your advantage? How will it benefit you? What are you going to feel like after? Get very clear and specific. Don't be afraid to acknowledge that you may not be entirely happy, especially if the diagnosis is a particularly tough one to deal with. The more realistic you are, the easier it will be to attract it into your life.

Begin acting in a way that will help you discover your diagnosis. Re-engage in doing research on your symptoms, find new doctors, look for others who deal with similar circumstances as you do, and really dig deep into your opportunities. The more you look, the more likely you are to find something. Don't be afraid to keep going. Eventually, your answer will come.

Preparing yourself for receiving a diagnosis can be one of the hardest types of receiving to prepare for. That is why it is especially important that you remain realistic and that you honor the fact that, while you may get your closure, you will not likely be entirely happy with the answer as to what you are facing. Don't take the time to become fearful of the diagnosis or you may end up pushing it away rather than attracting it. Instead, brace yourself, build your support team, and rely on them when it comes time. Have the emotional support system in place beforehand so that you are completely ready to receive your answer when it does come your way.

After you receive your diagnosis, do not be afraid to express gratitude. Even if you are not particularly happy with what you were told, expressing gratitude that you finally have an answer is important. Having an answer means that you are capable of mapping a path back to health, so do not be afraid to share how grateful you are for this opportunity. Although it may be bittersweet, it is important, and it is vital to your wellbeing.

Meditation for Healing Aches and Pains:

This gratitude will help with healing any general aches and pains, regardless of their root cause. To complete this meditation, you will need to sit or lie in a place that is extremely comfortable for you. You want to ensure that you are not going to end up feeling uncomfortable as a result of your aches or pains, or any other occurrences as much as possible. Do your best to find a spot that you can remain comfortable in for as long as you can. Then, when you are ready, you can begin the meditation.

"I want you to ensure that you are completely comfortable, then softly close your eyes. As you do, take a deep inhale, holding it for a few moments and then exhaling once more. Then, inhale again, holding it for a few moments, and exhaling it once again. One more time, inhale a nice deep breath and hold it in your lungs for a few moments. When you are ready, you can exhale once again. Now, I want you to focus on how your body is feeling. Notice all of the areas where you can identify aches and pains that are causing you to feel uncomfortable and unwell. Once you have, I want you to choose the area that is giving you the most discomfort. Imagine as though this place is a dark room, and you are walking in. As you do, all around you can see dirt and dust built up everywhere. It appears as though the area has not been well-kept, and you are rather shocked to see it in such a state. The cells that make up the room are all dull and clearly unwell, and you can't help but notice that the place feels uncomfortable for you. As you collect yourself in your new surroundings, you choose to walk up to the nearest cell and pick it up in your hands, gently carrying it in your palms. Holding it up, now, I want you to imagine that you clean it off. I don't know if perhaps you will use a rag to wipe it clean, or maybe you will blow on it and wipe it off with your sleeve. Perhaps you might wipe it down with water, or maybe you will just dust it clean. As you do, however, you notice that the cell becomes vital and vibrant again. The light within it shines a bright and beautiful color, any color that you choose. You notice that it appears to be healthy once more, and that it is no longer struggling to fulfill its functions.

Eager to clean up the rest of the room, you begin picking up cells one by one and cleaning them off. Each one, you take the time to ensure that it is completely clean and shining brightly before moving on to the next one. As you go, the room is getting brighter and brighter, shining with vitality and health. Before you know it, the entire room is shining brightly, showing you that it has been cleaned free of any toxins, ailments, or other discomforts that were previously affecting it negatively. Proud of yourself, you take a few moments to admire this beautiful space. You notice how hard the cells are working to care for you and to ensure that you are living your best life possible. You see them working independently as well as together to help your body function effectively and fulfill its role, allowing you to live an incredible and inspirational pain-free life where you can comfortably enjoy anything you desire to enjoy in your life. After you are done admiring the work you have done to repair the tired, damaged cells, you turn around and exit, walking down a dark hall until eventually your awareness comes back to your mind, your body, and the room around you. When you are ready, you can open your eyes. Continue breathing nice and deeply for a few moments as you allow your cells the opportunity to settle into working for you once more, and then you may go back about your day. If you are experiencing pain in multiple areas of your body, you may want to repeat this meditation and continue cleansing the cells within your body until you are feeling completely pain-free and healthy once more."

Meditation for Attracting a Diagnosis:

This meditation is a great way to help you manifest a diagnosis that will assist you in determining what you are facing, health-wise. This meditation can be done to help you not only find your diagnosis but also manifest an action-plan that will help you move forward and lead a healthier, happier and more productive life where you can effectively care for your body, regardless of what you may be diagnosed with. If you are ready, I encourage you to sit comfortably

in a chair where you can relax for a few moments without interruption. Then, when you are ready, you may begin the meditation.

“As you sit comfortably in your chair, I want you to close your eyes. Start by focusing on your breath, allowing yourself to take a deep and fulfilling inhale before slowly exhaling your breath once more. Each time you inhale and exhale, focus on inhaling deeply through your nose, allowing your lungs to fill completely. Then, when you are ready, you may exhale through your nose, completely emptying your lungs so that you may replenish them with fresh new air. When you are ready, I want you to picture the room you are currently sitting in within your mind’s eye. Now, I don’t know if you will be able to see everything clearly, or if you will only remember parts. You may simply become aware of the room surrounding you, never fully seeing everything that is within the room in the first place. How you choose to become aware of the room you are in is completely up to you. Once you have, it is time to gently erase everything that you can sense around you. Erase any furniture, decorations, and even the wall color in your room. You want to completely erase everything until you are left with a blank slate, where it is just you sitting in your chair in a bare room. Then, when you are ready, I want you to furnish the room in your mind’s eye. Fill it with a doctor’s chair and desk, their computer, the bed upon which you may sit or lie on, and the chairs where those who support you will be sitting to support you through your diagnosis. Notice as many details as you can within the room, allowing it to fill your mind’s eye and provide you with details about what you may expect when you go in for your own diagnosis. Then, when you are ready, fill the chairs with your supports. Notice who is sitting there, ready to embrace the news with you and help you move through this major transition in your health and wellness journey. Then, notice the doctor walk through the door. See your doctor sit on the chair, where he or she will provide you with a diagnosis, finally giving you information as to what you are up against and how you can overcome it. When you are ready, imagine your doctor taking a piece of

paper from the printer and writing down your diagnosis on it. The doctor then folds the diagnosis and hands it to you, allowing you to open it when you are ready. When you are ready, you can open the paper. Inside, you read the diagnosis that they have given you. As it settles in, you rely on the supports you have in the room to help carry you through this journey. You take the time to discuss with your doctor what your action plan is now, and how you can overcome your illness so that you can resume a normal, healthy and active lifestyle where you can begin enjoying your favorite activities once more. After your discussion, imagine that you stand up to walk out of the room. As you do, you walk back into the room that you are currently sitting in, in real life. There, you sit back down on the chair you have been sitting in all along, ready to face the news and begin your journey back to perfect health. When you are ready, you may begin shaking out your limbs, starting with your hands and feet, then working your way up your legs and arms. From there, you can slowly open your eyes and begin noticing the room around you once more. As you go about your day, imagine that you have already been given your diagnosis and that you are clear on what needs to be done. If you need more motivation and feel that you want to return your mind back to positive and healthy results-oriented thoughts, you may repeat this meditation as often as needed. Soon, your true diagnosis will be delivered, and you will be able to design your action plan, complete with the steps you need to return back to your complete health."

PART 2: WEALTH

CHAPTER 6

ATTRACT THIS

Many people who are seeking to use the law of attraction want to attract some form of wealth into their lives. Wealth seems to be a key component in many things we desire to do, from living the good life complete with our dream houses, to traveling and spoiling our loved ones with lavish and generous gifts. Many of us have large, fancy dreams that require a great deal of wealth to fulfill those dreams. If you, too, have dreams that you wish to fulfill and require the funds to fulfill said dreams, then you are likely curious about how you can use the law of attraction to attract such wealth! In this part of the book, we will explore how the law of attraction works with wealth, and important practices you can use to help you generate greater wealth in your life.

When it comes to wealth, there are many ways that the law of attraction can help you build more wealth. You can use the law of attraction to help you pay your bills on time, to help assist you in finding or winning unexpected money, to increase your regular income, to help you generate new forms of income, and even to find ways that you can embark on new opportunities that will result in you generating more income. If you are looking for an opportunity to increase your wealth overall, or in any specific way, the law of attraction can help you.

Using the law of attraction to help generate wealth can be done as an ongoing practice, or it can be done in short bursts whereby you work to attract specific amounts in specific time frames. For example, if you want to purchase a car in the next three months, you may ramp up your intentions to work toward attracting more money that you can use to purchase a car within the next three months. Or, if you want to continually increase your wealth in general, you can use a routine wealth-generating ritual that will help you increase your wealth. How often you complete this practice will determine greatly on what your

desired results are and what financial goals you have for yourself. For the best results, however, it is recommended that you have some form of ongoing wealth-building practice going on, as well as that you use specific practices for specific circumstances, such as paying the bills on time or paying for a trip you desire to take, or otherwise.

Throughout chapters 7-10 we will focus on building wealth in very specific ways. This will be through the six-steps of attraction practices we have been using until now, as well as meditations much like the ones you used in part one of this book. Before you get to those parts, however, we will focus on how you can use the six-steps of attraction practice to generate a day-to-day wealth building routine that you can use to increase your wealth overall. Then, you can supplement it with the specific practices from the following chapters as needed. This will have the greatest impact on helping you generate greater wealth and begin earning the riches that your heart desires.

Ask for wealth on a daily basis. Instead of simply expecting wealth to come your way, specifically ask for it. One great way is to wake up and ask yourself questions such as:

- "How can I be more abundant today?"
- "How can I generate more wealth today?"
- "What wealth-building activities do I get to enjoy today?"
- "What can I do to generate $x today?"

By specifically asking for what you want, you set your intention and your focus on your desires. Then, not only is the universe clear on what you want, but you are clear on what you want also. As a result, you will be more likely to focus on ways that you can begin generating that form of wealth throughout the day. You will be more likely to see the opportunities that arise, and more likely to look in

the direction where money will come from, either expected or unexpected.

Believe that you are worthy of money, and that money will find its way to you. Or, if you are seeking alternative wealth sources, such as to have a richer circle of friends or richer relationships, believe that is possible for you. The best way to begin the process of believing is to declare your belief. Follow your request for wealth with something such as “I believe that I am deserving of this wealth,” or otherwise. Being very clear and intentional around your desire to believe that you are worthy is a great way to work toward eliminating feelings and thoughts that may lead you to believe that you are not capable of acquiring more wealth. When these thoughts that do not serve you enter your mind, set the intention to eliminate them and choose a mantra that you will stick with to help you stay focused. For example, any time a negative thought arises that challenges your belief, think something such as “I choose to believe that I am worthy and deserving of the wealth for which I desire” or “that which I desire, desires me too.” Going into your days with a planned response to beliefs that do not serve you is a great way to eliminate them and maintain a clear, focused approach that will help you acquire anything you desire.

Visualize what your dream life would be like. Spend at least 10 minutes each day focusing on what you will do when you have the wealth you desire. Imagine as though you are already living that way. When you go about your daily life, imagine what it will be like to go about it with the things you desire, as if they are already on their way to you. For example, if you desire a new house, as you go about life in your current house, imagine how things will be different in your new house. Get excited, and act as though you are simply waiting for the move-in day. If you desire to go on spontaneous vacations, begin planning vacations on a regular basis! Plan your vacation, write down the amount of money it will cost you, and work toward manifesting that amount of wealth to enter your life. The more you focus on visualizing the life you desire, the easier it will be for you to recognize your new life and openly accept it when it comes your way.

CHAPTER 7

UNEXPECTED EARNINGS

One great type of blessing is unexpected earnings! When we get money from unexpected sources, it can be so exciting. It is also a great way to fulfill our dreams and desires, especially short-term ones, as well as enjoy wealth just that much more. Furthermore, it can be a great way to provide evidence that we are actively calling in the wealth we desire! If you want to start attracting wealth from unexpected earnings, the law of attraction has many tools that you can use to get started right away.

Who this is for:

This practice is for anyone who wants to receive unexpected money in the near future! If you simply want more money to go on a spending spree with, this is a great practice to use. Or, if you need money for a specific reason, such as to pay your bills, take a vacation, purchase a new car, purchase a new house, or anything else, this can help you with that process, too!

How it works:

Earning wealth from unexpected sources can come in a variety of ways. You may find money on the ground, wake up to an unexpected check being given to you, win the lottery, or otherwise receive wealth from a place that you weren't expecting. Often, these are sources that we don't receive from on a regular basis. Instead, it happens randomly. We cannot predict when it is going to happen, it simply happens. If you want to manifest money from unexpected sources, such as randomly finding money, receiving money from an unexpected payment, being gifted money, or even winning money, follow these actions in the six-steps to attraction practice.

Six Steps of Attraction:

Ask for what you want by stating that you want to receive wealth from an unexpected source. If you have a specific amount you want, you should ask this, too. Getting very specific about what you are asking for is a great way to help you manifest what you desire. You can state your question in a way such as: “I am asking for an unexpected source to grant me $5000 or more in the next week so that I can pay my bills off completely.” By being very clear about how much and when, it becomes easier to become aligned with these opportunities. Furthermore, you should always add “or more” as you do not want to put a limit on how much you can receive, should the universe want to give you even more!

Believe that you are capable of receiving the amount that you desire, by the date that you desire to receive it. Do not allow any negative thoughts to creep in and steal away your belief that you are worthy of attracting the wealth you desire. Remember, if something comes up that stops you from feeling worthy or capable, have a pre-created response that you will use to override that thought. For example, “In the past, I may not have believed this to be true, but in the present, I choose to believe that anything is possible.”

Visualize yourself receiving the funds that you desire. Do not visualize the specific source, such as the lottery or being gifted the money, as this will limit your ability to look for the money coming in. You may completely overlook your opportunity to acquire your desired wealth as a result of you being too focused on it coming in from one specific source. The meditation you will find later in this chapter is a great place to start when it comes to visualization.

Being acting in a way that allows you to align with the amount of money you have desired to earn. Act as though it is already on its way to you and you have no doubt about it. For example, perhaps you may act as though you are going to receive this amount through the mail and you are simply waiting for the money to arrive. You know it is coming any day now, so you start acting as though it is

already there. How are you going to spend the money? What purpose will it serve? How is it going to allow you to lead a better life? Focus on all of the ways that the money will serve you and help lead you toward your goals and act as though you already know that you are going to reach them because the money is already coming to you. Celebrate now, don’t wait.

When opportunities arise for you to receive the money you have asked for, take them! In many instances, they may arise in ways that are unexpected. It may even come in a few different ways. For example, you may win part of the money, be gifted part of it, and find part of it on the street or on the floor. Receive every money-generating opportunity that comes your way openly, and take advantage of the ones that serve you. Do not feel obligated to take advantage of the ones that feel too stressful or overwhelming as these may drain you. Instead, accept the ones that align with you and with what you want. Use them as evidence that you are capable and worthy of receiving the money that you ask for.

Show gratitude by saying thank you to the sources that your money comes from, and by using it to do something fulfilling for you. Perhaps you may use it to go on a much-needed shopping spree, or maybe you will use it to pay your bills. You might use it to go on a vacation for the first time in a long time or to travel to see your family after not seeing them for a while. Regardless of how you use the money, ensure that it is in alignment with what you desired it for and that you feel good about it. Do not allow yourself to feel guilt around receiving or using the money, as this is not a form of gratitude, nor a form of proper receiving and it can result in you struggling to acquire money in the future.

Meditation for Unexpected Money:

Attracting unexpected money through a meditation is simple, and it is a great way to help you acquire the unexpected money that you desire. To complete this

meditation, begin by sitting down in a comfortable chair where you will be uninterrupted for the duration of the meditation. Ensure that you are comfortable enough that you will not need to shift or move to regain comfort during the meditation either, as this will help you stay focused on the entire practice. When you are ready, you may begin.

"I want you to begin by taking a deep breath in, and holding it for the count of three. Then, when you are done, you may exhale completely, allowing your lungs to be completely emptied of the breath you took. When you are ready, you can take another breath in, hold it for the count of three, and then exhale completely. One more time, inhale completely, hold it for the count of three, and then exhale completely. When you are ready, you can go ahead and close your eyes, and notice how relaxed you feel inside. Resume your normal breathing pattern, feeling how it nourishes your body and relaxes you completely. Then, when you are ready, I want you to picture yourself standing in front of your mailbox. As you do, I want you to imagine that you remove a key from your pocket and open the mailbox. Inside, you see a variety of letters and pieces of mail that have come for you. Instead of feeling stressed or overwhelmed, as though you have received a great deal of bills, however, you are excited. You are curious to know what has been delivered to you, and how you can enjoy it. When you are ready, you turn around and head home. Before you know it, you are in your living room. You sit down and get relaxed, ready to comfortably receive anything that has come to you. As you begin moving through the pile, you sort through the mail you are receiving. You set the bills down, blessing each one for the value it has brought to your life. Then, you reach one at the bottom of the pile. This letter seems curiously large, and does not have a return-sender address on it, or anything indicating where it has come from. Excited, you open the letter, wondering what is in store for you. As you do, you realize that it is not a letter at all. In fact, it is simply a wad of cash. You smile big as you remove the cash from the envelope and begin counting it. As you do, you realize

that you have been given enough cash to pay all of the bills you have just received, plus anything else that you desire. The amount you have asked for, down to the exact dollar, is exactly what you are now holding in your hand. You peek in the envelope one more time and realize there is a letter inside. On the small letter you read “Because you deserve every last dollar that you ask for. If you need or want more, just ask. Your wish is my command.” You smile, as you knew this money was coming to you and now you are holding it, as proof that you can easily receive any money you desire. When you are ready, you may set the money down on top of your bill pile, now. Then, slowly, open your eyes and return to the room. Notice your breathing and how you feel. As well, notice your thoughts and the great deal of excitement and joy that you feel in realizing how easy it was for you to attract that money. You are worthy and capable of receiving money from unexpected sources in any amount which you desire.”

CHAPTER 8

NEW BUSINESSES AND IDEAS

Sometimes, wealth does not come in the way of surprise money or raises. Instead, we may come up with new ideas such as business models or inventions that we can use to generate money. You may even simply come up with a new idea of something you can create in your existing business to generate *more* money. Although these are not akin to money being handed directly to you, they are practices that result in your earnings increasing. Therefore, they should be seen as ways to attract wealth. Instead of being a lump sum, these methods tend to be great for those who are looking to generate more money from a stable, ongoing source. If this sounds like something you are looking for, you may want to practice using the law of attraction to come up with new businesses or ideas to generate money!

Who this is for:

This meditation is for anyone who desires to increase their wealth through new businesses or ideas. If you are an entrepreneur, this practice can help you determine which business you can choose to invest in, or help you find new ideas to make your existing business even more profitable. If you are not interested in entrepreneurship but are looking for more ways to generate wealth, such as through investments or other new ideas, you may also discover ideas through this practice.

How it works:

This practice works by allowing you to set the intention to attract new ideas and new businesses into your conscious mind that you can then use to generate new wealth. This is not a get-rich-quick or lump-sum attraction method, but rather one that will allow you to generate wealth that will be able to continue paying

you for months or years to come. Simply follow the six steps to attraction below and use the meditation for new ideas to attract anything you desire.

Six Steps to Attraction:

You want to begin by asking for what you are seeking. As you know, you need to ask your question in a way that is clear and concise. If you are an entrepreneur and you are seeking new business ideas or new opportunities to expand your business, say so. If you are not an entrepreneur but you are still curious about new opportunities to generate wealth, such as through residual income, ask for that. You should also state when you want to receive your blessings by.

Once you have asked, you need to begin believing that they are coming to you! Open yourself up to the opportunity for the new business or idea to come your way by believing that they are on their way to you. Imagine that a messenger is carrying the answer directly to you, and all you have to do is await its arrival. If you have any level of disbelief creeping in afterward, you can work to eliminate it using a phrase such as “I wish to believe that my perfect opportunity is on its way to me right now.”

Take some time to visualize what you are going to do once your opportunity arises. How are you going to act on it? What value will it add to your life? How will it change what you are presently doing? What are you going to do as a result of the income that it generates for you? Pay attention to all of these different details, and any more that may come to your mind as you go along. You want to get very visual and specific on how this opportunity will bless and enhance your life.

Act in ways that will open you up to receive the opportunity that is coming your way. Look for opportunities to network with people, do research, ask around for ideas and opportunities that others have taken advantage of, and put yourself out there. Be ready for your opportunity to come. Act as though it is already on its

way by generating a plan surrounding it as much as you possibly can. For example, if you are looking for a new idea of a service to offer in your business, how is it going to work? How will you market it? Who will it be for? Why will people buy it? Begin answering any questions you can with the information you have, and answer more as you can until the idea or opportunity comes to you.

When your perfect idea or opportunity comes, be willing to receive it! Open yourself up to accept it. Ensure that you take the time to investigate it appropriately by looking into how this opportunity may serve you, and take the time to determine if it is the right one for you. As you are open for your *perfect* idea or opportunity, many will come your way. It is important that you are focused on receiving the perfect one. Do not accept any offer or idea that comes, as you may end up accepting one that does not align with what you want exactly. As you are in the "acting" phase, get clear on what it is that you want this opportunity or idea to do for you. Then, you will be able to easily determine which opportunity or idea is the perfect one to fulfill your needs.

After you have received your perfect opportunity or idea, and after every one that comes before that time, celebrate! Take the time to be thankful that ideas and opportunities are coming your way, and express gratitude for them coming. Then, when the perfect one does come along, celebrate even more! Show your gratefulness by saying thank you and taking advantage of the opportunity, as well as putting it into action and overcoming any fears or obstacles that may be holding you back from seizing it. Give it your all and trust that the solution will be incredible and perfect for what you need.

Meditation for New Opportunities and Ideas:

This meditation is great for helping you acquire new opportunities and ideas whenever you desire them. You can use this meditation at any time, as many times as you desire until your perfect opportunity or idea comes your way. If you

desire more after that, you may use it again. Use it as often as you need or want.

To complete this meditation, you will want to be sitting or lying in a comfortable place where you will be uninterrupted for the duration of the meditation. Ensure that you have had a drink of water, you are comfortable with the temperature of the room, and that you can easily settle in and enjoy yourself. Then, when you are ready, you may start the meditation.

“I want you to take the time to soften your gaze and focus on a spot just ahead of you, now. As you do, take the time to notice your breath in its natural rhythm. How does it feel? How do you feel? Notice anything that may be uncomfortable and find comfort in it, now. Shake yourself loose, adjust your neck or head, and find a position that is relaxing. Then, when you are ready, allow your eyes to gently close as you return your focus to your breath. Do not feel the need to control your breath, such as by breathing faster, slower, deeper, or shallower. Instead, simply receive it openly as it comes to you, in any way that it comes to you. Continue focusing on your breath for a few moments, now, as you allow yourself to relax completely. Once you feel completely relaxed, I want you to imagine that you are standing in a casino. All around you, there are games that you can play. To the left, however, you see slot machines. You smile, and head to the machine that is closest to you. As you arrive, you sit down and notice that it says “every spin is a winner!” Excited, you grab the lever and pull, and the numbers begin spinning in front of you. They land together in perfect sequence, providing you with your promised win. You smile and say thank you, but you know this is not the opportunity for you. So, you spin the lever again. Once more, you are awarded with a winning sequence. Still, you do not feel as though this is *your* win. Again, you express your gratitude. You continue spinning the machine, cycling through opportunities until you find the one that works for you. You know this one is yours because you can feel it inside. You get excited and feel yourself wanting to jump for joy. Perhaps you even jump out of your seat and begin dancing around, celebrating this opportunity and all that it means for

you. You press the green button, which serves you with your winning opportunity. Then, you cash out at the exit of the building. On your way out the door, you begin dreaming of all of the ways that this opportunity will change your life, your income, and your business. You see all of the ways it will benefit you and those around you, and you feel so excited that you cannot stay still. As you reach this point, begin shaking out your hands and feet, ready to return back to the conscious world. Gently shake out your arms and legs, then slowly open your eyes, ready to return back into reality. As you do, be sure to carry and maintain the feelings of celebration and excitement that you retrieved when you were celebrating your opportunity. Know that this feeling is coming your way in reality soon, and that attached to it will be the opportunity that you have been looking for, complete with everything that you desire to acquire in your life, including the income-boost you are looking for."

CHAPTER 9

CAREER BOOSTERS

If looking for a new opportunity or business idea is not up your alley, perhaps you might be interested in learning about how the law of attraction can assist you with boosting your career. The law of attraction is a powerful tool to help you alleviate yourself of any career frustrations or worries and attract new opportunities for you to climb the ladder and excel in your chosen field. Whether you want to be better at what you do, be more well-known, or even get a raise for doing your job, the law of attraction can help you with that!

Who this is for:

This practice is great for anyone who wants to excel at their career and get greater results out of their efforts. Whether you want to get a raise, boost your popularity, get chosen for more jobs, or otherwise boost your career so that you become more successful and wealthy as a result, you can use the six steps of attraction practice to tap into the law of attraction and help you have success with your career. This part of the practice is less for people who are interested in excelling at their entrepreneurial career and more for those who are in a chosen career path, such as a salesperson, a doctor, a lawyer, an insurance agent, or otherwise. You can use this practice if you are an entrepreneur, as well, though it may not be as direct as other ways you may apply the law of attraction instead.

How it works:

Using the law of attraction to excel at your career starts by having you determine what exactly “success” looks like for you, and what you want to attract. Are you looking to attract a raise? More clients? Are you interested in earning more hours, or increasing your popularity so that you are more profitable? There are many goals you may have, so be sure to take your time and determine which one

or ones are yours. You may have a singular goal, or you may have many. There is no limit on what you can ask for and attract with this practice. Once you have, you can apply the six-steps of attraction process to your goals and begin earning anything you desire in minimal timing!

Six Steps of Attraction:

Naturally, exactly what you say and what you do are going to vary depending on what your goal is to your career. If you want to do better and get a raise, get hired by a better company, or start working with wealthier clients and earning better commissions, you need to get clear about that before you ask. Then, you want to tailor your question to your specific desires. The best way to arrange your question is to ask for exactly what you want with great clarity and ask to have it by a certain time. If you are not completely clear on what it is that you want yet, take a few minutes to decide. You should be very clear so that you are clear on what you should be looking for when it comes to attracting anything new into your life.

Once you have determined what you want to ask for, begin believing in your ability to have it. Believe that you can earn more, that you can make more sales, that you are worthy of the raise, or that wealthier clients would love to do business with you. Anytime you feel a negative thought creeping in, replace it with something such as “I choose to believe that I am worthy and capable.”

Visualization, as you know, is a powerful process and plays a major role in allowing you to attract exactly what it is that you want. You can attract what you want by using the meditation that comes in the following section of this chapter, as well as by simply spending a few minutes each day visualizing how your life will change as a result of you successfully boosting your career. Take some time to really dive into all of the experiences you will have and how exciting it will be for you.

Acting is an important part of getting the career boost you desire. You need to act in accordance with what it is that you are asking for. For example, if you are seeking a raise, begin displaying how effective you are at taking on more responsibility and managing it well. Show your boss and supervisors that you are incredible at what you do and that you can manage taking on more. If you want to attract wealthier clients, begin looking at others in your career path who are already working with those clients. What do they do differently that attracts the wealthier clients? How can you mirror that in your own career? Begin acting in alignment with what you are asking for so that it can effortlessly come to you.

Once you begin noticing signs that you are receiving what you are asking for: such as your boss giving you more responsibility, or wealthier clients looking your way, keep going. To openly receive, you need to continue receiving the entire blessing. Start as soon as the positive evidence begins to show and continue acting in alignment with what you have asked for so that you can receive your entire blessing that you have asked for.

Always give gratitude for the blessing that you have received. Genuinely thank your boss or your new wealthier clients, or even your followers or anyone else who has helped you achieve the success you desire. Ensure that you always do your best to fulfill your promise and keep the experience positive for them so that they can feel how grateful you are for your blessing, and continue working to keep everyone, including yourself, satisfied with the result. Say thank you as often as possible, even simply to the universe in the morning, for the career boost that you have received!

Meditation for a Career Boost:

This meditation is one that will assist you in attracting the career that you desire, effortlessly. It is a short, simple visualization that you will practice to help you

become clear on what you want and attract it in effortlessly. We are going to practice a new form of visualization where you get to create your reality within your mind's eye. When you are ready to get started, please sit or lie down on a comfortable surface and prepare yourself to escape to a magical place for a few moments. Ensure that you are free of distractions and anything that may take away from your focus, as you want to stay as immersed in this meditation as possible so that you can reap the benefits!

"I want you to begin by relaxing your body completely. As you take notice of your breath, I also want you to notice your body. How do you feel right now, in this moment? Is this normal for you? If not, consider what life has felt like for you lately. Are you feeling invigorated, inspired, and appreciated? Do you feel that you are earning all that you are worth and that you are achieving your goals effortlessly? Or do you feel stagnant, unmotivated, and underappreciated? Are you struggling to make ends meet, or maybe you're doing well, but you know that you could be doing better? If you are feeling the latter of the two, know that you are not alone. You can easily change your future, starting right now in this moment. Today, you are going to take charge and make massive changes that, until now, you have only thought about. I want you to close your eyes, now, and return your attention to your breath. How are you breathing right now? How does your breath change when you begin to think about the potential that you have and the passion that is inside of you? How does it alter when you think about making massive changes for yourself that will boost your career enormous amounts and take you to greater heights of success? Do your breaths get deeper? Or more shallow? There is no right answer, only the one that is inside of you, hiding in the same place that the answers you need to boost your career are hiding. I want you to visualize yourself standing in a blank space. Imagine that there is no floor or ceiling. There are no walls, no furniture, and nothing else surrounding you. Simply you, and whiteness. Now, I want you to slowly begin filling that whiteness with the success in your career that you want to have. Start

by focusing on the external stuff. What does your workspace look like? How is it different from what you are currently working in? Do you notice that there are physical changes, or is it different because of the way you feel toward the environment? Perhaps everything is different, and you are enriched by the changes. Maybe you've been moved to the corner office or the top floor in the building. Or, maybe everything is the same, but you are feeling a renewed sense of accomplishment and challenge in your workplace, making you regard the entire atmosphere with a renewed sense of joy and excitement. Once your workspace has been built, I want you to imagine the people you work with. Who are they? Have they changed? Are there new people? Do the existing people view you differently or treat you any differently from how they did before? What is your relationship like with these people, now? Have your clients changed? If so, what changes have been made? How do you serve your clients now that differs from before? Take a few moments to enjoy the difference in your experience, now. Then, when you are ready, I want you to think about yourself. How do you feel now, in this changed environment? What are you noticing about it all? How are you different now? How is your career serving you in a new way, and how are you feeling about serving in a new way? Pay attention to all of the changes that have happened within yourself, from how you view those around you, to how you interact with them, and how you view yourself. Get very in-depth and clear on what you notice. This is your dream world, so dream it up however you desire. If you want to change the color of the walls, change the environment altogether, change the people you are surrounded by, or change the way you feel, take the time to do that, now. Spend a few minutes getting creative and cultivating the life you desire to lead in your blank space, filling it with everything you need and desire that will help you enjoy the career boost that you are yearning for. Then, once you have spent enough time enjoying this space, snap your fingers. Imagine it all disappears, and you are back to blank space. The same blank space upon which you were able to completely design everything you desired, from scratch, with no limitations. The same blank space

from which you have the power to operate and create anything you desire, at any time, in any area of your life, without any limitations, judgment, or oppression against what you may or may not do in this space. You command this blank space. You may fill it however you would like. Simply ask, and it appears. Just as it is with your true life. Ask, and receive. When you are ready, now, I want you to imagine that blank space gently fading into the background of your mind as you begin to focus your attention on the back of your eyelids. Notice what color, if any, appears on the back of your eyelids. Notice how they feel, and if they want to flutter open. When you are ready, you can gently open your eyes and return back into your reality that you presently exist in. Remember, you carry that blank space with you everywhere that you may go in life, and you have the power to completely design anything you desire, including your dream career. You may play in this space whenever you desire, creating anything you desire, and trust that it will come into your reality simply because you have asked it to. And so it is.”

CHAPTER 10

INCREASED INCOME

If you are looking for an opportunity to increase your income in a general sense, or through any number of solutions, you may be looking for a chance to use the law of attraction to help you do so. In this chapter, we are going to look at increased income through alternative avenues, beyond career boosts and new business ideas and opportunities. This will allow you to focus on increasing your income in any way that you desire, no matter what that may be. If your desire does not neatly fit into the previous wealth-building chapters, then this one will surely help you apply the six steps of attraction using the principles of the law of attraction to help you generate an increased income.

Who this is for:

This is for people who are looking to increase their income outside of business opportunities and career boosters. Perhaps you are looking to change your career or start a new job if you have recently ended yours, or maybe you are looking to generate residual income, earn a steady income through some new side-opportunity, or otherwise boost your income. If you have a general idea of how you would like your income to increase, then this practice will help you significantly. If not, I strongly recommend that you use this to focus on residual income, or attracting a new job or a higher paying job that can assist you with increasing your income altogether.

How this Works:

Using the law of attraction to attract increased income works by first having a general idea of what you are willing to invest to gain that income. If you are not interested in investing any time into generating the increased income, you may prefer to choose something like residual income. If you are willing to invest

more time, or if you are interested in altering how you invest your time, you may want to manifest a new job or a new position in your industry to help you increase your income. What you desire ultimately depends on what you have chosen for yourself. Choose anything that you genuinely feel would work for you, and then apply the six-steps of attraction to your desires to achieve what you want.

Naturally, you will start by asking for what you want. If you still are not completely certain, but you are interested in entertaining your opportunities, you can always ask for something more general. Perhaps, for example, you might say something like "I would like to see an increase in my income in the next month." Remember, be as specific as you can and always set a deadline if possible.

Next, you need to tap into the realm of belief. Begin believing that you are capable of increasing your income. If you had a designated plan, believe that you are worthy and capable of that plan and that you are going to be able to effortlessly fulfill your required duties to acquire what you desire. If you do not have a designated plan and you are simply open to receiving increased income, begin believing that the perfect opportunity is on its way to you and that you will be able to effortlessly accept it and begin earning your increased income.

When it comes to taking actions, there are a variety of actions you can take depending on what form of income you are considering. If you are looking for a new job, you will want to begin getting out there and looking. Search job boards, network with people who may be able to help you and perhaps invest in learning new skills so that you will be capable of acquiring a job that you will enjoy due to you being capable of taking it as a result of your new skills. If you are looking for residual income, begin exploring your options and setting meetings with people who can assist you in developing those residual income streams. If you are looking for any opportunity that comes your way, begin opening yourself for opportunities. Explore what is available to you and keep yourself open. Ask for

opinions, speak to other people who have increased their income, and get motivated and inspired to find ways that you can increase your income so that when your perfect opportunity comes, you can see it and take advantage of it. Put yourself out there.

When you officially receive the opportunity to increase your income, ensure that fear does not take over and result in you not taking advantage. In most instances, we remain in lower paying positions or out of work because we are afraid that we are not capable of fulfilling the needs required to have a more successful position in our career. We may think we are incapable, not worthy, or otherwise unable to fulfill the needs required to have greater success in our careers. If that is the case, you need to be willing to overcome this fear and openly accept the opportunity.

Finally, express gratitude once you have taken advantage of the opportunity! Say thank you, thank the universe for aligning the opportunity, and most importantly, show gratitude to yourself for being willing to put yourself out there and take advantage of the opportunity when it came. Each morning, express gratitude for your situation and thank the universe for helping you attract your increased income and increased joy.

Meditation to Increase Income:

This meditation has been designed to help you increase your income in general. It is not designed specifically for finding a job, discovering a residual income stream, or any other specific method. Instead, it is one that you can use to assist you in attracting greater income and learning to effortlessly and gratefully receive the increase in your income.

Before you begin, ensure that you are sitting in a comfortable place where you can wander off into dreamland for a few minutes. This meditation will not take long, but it will certainly have a powerful impact on your ability to experience

great success and results. If you are ready, please begin!

“I want you to start by closing your eyes and getting relaxed in your seat. Feel the seat underneath you, supporting you and helping you stay comfortable at the moment. Notice how it rises up to support each part of your body, and how relaxed you feel sitting there. Gently take some time to embrace this moment, feeling yourself falling deeper and deeper into relaxation as the moments pass by. Before you know it, you are in a completely dreamy state where you are ready to begin imagining all of the many opportunities available to you, including increased income. When you are ready, I want you to imagine that you are standing in front of your bank. You reach out, grab the door before you, and pull it open so that you can step inside. Inside, the warm air embraces you. Naturally, you walk over to the ATM and place your bank card into the machine. You key in your code and request to see the balance within your account. You are pleasantly surprised to learn that there is far more than you are used to seeing in your account. In fact, the number reflects a payment that accurately reflects the exact income increase that you requested from the universe. You smile and withdraw money, before closing your session and removing your card. Then, you remove the money and place it in your wallet. Clearly much thicker than it was before, you place your wallet back into your pocket and tap it, feeling how fat your wallet feels as a result of your increased income. You turn around and head back toward the door, smiling at how wonderful this new normal feels for you. You tap your pocket one last time, embracing the giant wad of cash in your pocket one last time before you open the door and leave the bank. As you walk out, I want you to gently bring your awareness back to your physical body. Notice how you feel as you imagine having all of that money to your name. Enjoy this feeling and continue to embody it throughout the day as you keep your belief strong, allowing you to effortlessly manifest an increased income. When you are ready, you may open your eyes and face the day, trusting that your increased wealth is coming your way!”

PART 3: LOVE

CHAPTER 11

ATTRACT THIS

Love is a powerful part of our lives that we value in many ways beyond those that we can even comprehend. We often see love high up there with health, shelter, wealth, nutrition, and other necessities when we consider what we want and need in life. Love is something we all desire on some level or another, in many forms. We desire love from our families, our friends, our spouses, and even from our community. Love and affection is something that helps us feel good emotionally, which is often why we desire it so deeply.

The law of attraction has a powerful ability to help you when it comes to designing your dream love life. Whether you want to attract more love into your life, fix the love in your life, or otherwise work on your love life, the law of attraction can help you. It is great for those looking for assistance with family, friends, spouses, or anyone else in the community. There are no boundaries on who you can use the law of attraction to help you better your relationship with, increasing the amount of love and affection that you feel for each other. Whether you are considering romantic love, platonic love, or the kind of basic admiration you feel for people in your life such as your coworkers or your boss, the law of attraction can assist you in these situations.

In this chapter, we are going to explore four very important areas of love that the majority of people would like to improve on. We will explore how you can attract love, such as through finding your soul mate or getting your boyfriend or girlfriend to propose to you, or even winning your ex back. We will also discuss familial relationships, including how you can heal relationships between you and your family, or simply improve them so that the love you feel flows easier for you. We will also discuss friendships, including how you can attract more friends, have stronger friendships or heal friendships that may be facing hard

times. Finally, we will also discuss how you can fix love, including how you can heal hardships and arguments, overcome difficult times, and otherwise heal love that may be damaged between you and the people that you care about.

Before we begin exploring these specific areas of love, however, let's explore how you can improve the love of your life in general. This includes how you can experience more love in a broader sense, including between yourself and others, and between yourself and yourself. If you want to experience and feel more love in your life and enjoy your life filled with more love and affection, there are some basic changes you can make that will help improve your changes overall. The following six steps to affection practice will guide you through the process of creating routines to help you attract more love into your life in general.

Ask for the love you desire, to begin with. If you simply want to feel more love in your life, have better relationships, or give love more freely, ask for this. Get specific and ask for all of the areas of your love life that you want to be improved. This includes friends, family, your spouse, acquaintances, co-workers and your boss, and with yourself. Get clear and focused, and be sure to ask on a regular basis. Ideally, ask on a daily basis.

Believe that you are worthy. Often, we struggle to accept the love we desire into our lives because we feel as though we are unworthy of it. If you have feelings of unworthiness, or like someone couldn't love you for any reason, it is time to begin shifting your belief to serve you better. You want to eliminate these limiting beliefs and begin focusing on why people can love you, not why they can't or shouldn't. You want to start teaching yourself that you, and everyone else, are worthy of love. It does not matter if you have made mistakes, if you were unkind to people in your past, or if you have tendencies that may seem unlovable to you based on your upbringing or what people have told you in the past. It does not matter if you have had a harsh breakup, a divorce, if you have children or if you don't want children, or about anything else. You, as you are,

deserve to be loved. Work toward believing this on a daily basis. Heal anything that you may need to overcome to honor this in yourself, and do not be afraid to face the reality that you, too, are loveable. The more you work on healing this and believing this, the easier it will be for you to both accept and give love, freely.

Visualize what life will be like when it is enriched with the love that you desire. Imagine all of the ways that your life will be enhanced or changed by the love you give and receive. Take the time to visualize on a regular basis just how much everything will change for you. What will it be like for you to be loved? What are you going to feel like? How will your life look? Are you going to make more phone calls? Are you going to accept more phone calls? Are you going to spend more time with your loved ones, cherishing them and genuinely enjoying their presence? Will you ask simple questions like "how are you?" more often? Or will you answer it with a more clear and honest answer, rather than simple and basic "I'm fine" answers that may or may not be true? How are you going to feel opening up in a more vulnerable situation? Consider all of the different ways that your life will be affected and enhanced by love, and take the time to honestly consider how you are going to respond in these situations. Your response that you choose should be different from the one you choose now if you find that the one you choose now has a tendency to shut out love. For example, if you notice someone loving you for who you are and so you stop returning their phone calls, visualize what it would be like to answer the phone and communicate with them more affectionately with respect to the type of relationship you share. Visualize how your life will change on a regular basis.

Act in alignment with a person who has a healthy love life. If you crave romantic love, begin acting in a way that welcomes love into your life. Purchase a queen size bed and sleep on one side so that you are open to receiving someone in your bed. Purchase a larger sofa, or an additional seating arrangement for your home if you currently have a home that is more aimed toward a single person.

Empty a drawer in your bathroom or in your dresser for someone to use in your near future. If it is friendship that you are looking for, begin blocking off time on your schedule where you will spend time with friends. If you don't yet have friends, do it anyway. Until you make friends, spend this time calling family or loved ones, visiting areas where you might meet new people, or simply visualizing what life will be like when you make new friends. Open your time and heart up to receive the love that you desire through your actions.

Receive the love that you crave. This is where your belief practices and healing practices will pay off. When love starts arriving in your life, it is important that you openly receive it. Do not begin to get afraid and allow old patterns to settle in, leading you to believe that you are unworthy, or that they are unworthy. Do not allow yourself to create distance and push them away so that you do not have to remain close with them. Instead, invest time in creating genuine and fulfilling friendships. Invest in the relationship as you want the other person to. If it turns out that they are not the correct person for you and the relationship naturally ends, use it as a wonderful opportunity to learn how you can stay open for the right people to come along. Do not use it as evidence to close yourself off, believing that you truly are unworthy. This is ineffective and will immediately eliminate all of the results you have worked toward.

Gratitude is always an important part of the practice, as you know! When it comes to love, there are many wonderful and creative ways that you can express gratitude. Tell the people in your life that you care about them, that you cherish them, and that you are grateful for their friendship. Let the people you love know that you love them, and do not be afraid to tell them on a regular basis. If you have an argument or a falling out, do not be afraid to share how you feel about it and rekindle the relationship if you feel it is appropriate to do so. Remember, everyone argues at some point or another. As you will learn about later in this section, there are many ways to overcome these arguments so that everyone involved is honored and respected. Show gratitude at any given opportunity, and

never be afraid to openly share your feelings with others. This vulnerability is where gratitude lies when it comes to relationships, both romantic and non-romantic.

CHAPTER 12

ATTRACTING LOVE

As a result of a variety of experiences and a suitcase full of emotional baggage, many people find that they struggle to attract love. Often, we are the problem and not the other person. While we are not in the business of counseling and this book is not designed to help you sort through your baggage or your history, understanding this is important when it comes to attracting love. This type of self-awareness is crucial when it comes to applying the law of attraction and adopting the six steps of attraction to your love-attracting practices.

Attracting love will require us to focus heavily on two very important steps: believing, and receiving. As we have briefly discussed, many people evade love because they do not believe they deserve it, and, therefore, they close down to the opportunity of receiving it. These limiting beliefs are directly responsible for our inability to receive, both of which result in us not attracting the love we desire. If you do not feel as though you are effectively attracting the love you desire, you must focus heavily on these two steps in the process. By adjusting your beliefs effectively and opening yourself to receive limitlessly, you will be able to effortlessly attract love into your life. Love exists everywhere. It is literally surrounding you right now, even if you don't feel it. Whether it is love being given to you from someone else, love being given by you to someone else, love being given to someone else by someone else, or even love being given to yourself by yourself, love exists everywhere. There is never a time in our lives where love does not exist, even if you are alone in an empty room. Whether you realize it or not, your limiting beliefs that you have designed to protect you from love *are* a form of self-love, even though they exist in a toxic manner by seemingly keeping love away from you. If you reframe it, however, it is love that exists for you, by you, to protect you from getting hurt. It is a deep and sincere form of love, but also one that can keep other true love out. We are going to

focus on adjusting this with the six steps of attraction process so that you can activate the law of attraction to attract the love of anyone you desire.

Who this is for:

This practice is for anyone who desires to attract love into their life. Whether you want to attract a new partner, attract a proposal from your partner, increase the love you receive from your partner, find new friends, or otherwise attract love into your life, this practice will help you.

How it works:

This type of attraction is unlike others. In the previous law of attraction practices, we have been attracting external things from an external perspective. For example, attracting money from an external source. For this practice, however, we are going to go inside. We are going to attract a more wholesome and open environment that is open and ready to receive the love that we desire to attract, from whom we desire to attract it by. This inward form of attraction is important, and it will help you greatly when it comes to attracting love into your life using the law of attraction.

The first step, as always, is to ask for what you want. In this case, you will likely want to ask something to the effect of “How can I open myself up to attract the love I desire?” In many cases, people are extremely unaware of what it is within them that causes them to close down to love. In this case, we are going to work toward finding the reason so that you can alter your beliefs and move beyond it, effectively opening yourself back up to attract the love you desire.

Next, you want to believe that it is possible. Even if you are unsure about how to shift your beliefs to heal the reasoning just yet, you want to believe that you are going to be able to once you discover why. You also want to believe that you are

capable of finding the reason, to begin with, and that you will be able to effortlessly attract the person you desire or the results you desire afterward. Once you do receive the circumstances you are desiring, such as a new spouse, a proposal, or otherwise, you should work toward opening your beliefs to allow you to receive that. We will discuss more about the receiving portion later.

A great way to solidify your beliefs and enhance your ability to both find the answer to how you can open yourself up and heal any blockages that may exist is through visualization. Practicing visualization is a great way to help you focus on what life will be like once you have been able to effectively accept the love you desire into your life. It is likely that you have wondered greatly about what life would be like if you were more open to love, as this tends to be something we all crave more of. Take some time to work with those thoughts and really feel into them, noticing all of the ways that this new level of love can enhance and benefit your life.

Once you have worked toward visualizing, begin acting in alignment with what you need to succeed in attracting love. Notice what it was that the visualized version of you did differently, and start practicing that. Practice being more vulnerable, speaking more, stepping out of your comfort zone, and accepting love into your life. You can begin by accepting small acts openly, such as people holding the door open for you or giving you a hug at any given moment. As you grow used to it, begin welcoming love into your life in larger, more noticeable ways. Eventually, you will be receiving love openly and effectively just as your imagined version of yourself has.

Next is the receiving step which, as you know, is a major step when it comes to attracting love into your life. You need to be willing to receive the love when it comes. Do not shut yourself down, close yourself off, or otherwise make yourself unreceptive to the love you have asked for. Use this as an opportunity to see where your beliefs can be adjusted so that you can openly receive the love

you desire and feel worthy of the love, too.

Finally, show gratitude for the love you have attracted into your life. If you have found a new spouse, be sure to share with them how much you cherish them and how grateful you are to have them in your life. If you have been proposed to, be sure to remind them how grateful you are to be spending the rest of your life with that person and that you are grateful that they chose you. If you have attracted more affection from your spouse, be sure to share with them how important it is to you that they are so affectionate with you and express how grateful you are that they have been acting this way toward you. When people know that you are grateful for them and their company, they are significantly more likely to stay around.

Meditation for Attracting Love:

In this meditation, we are going to focus on attracting love. This is going to be a two-part meditation where you will get to open yourself up to receiving love *and* attract the love which you desire. For that reason, it will be a slightly longer meditation. Please sit or lie down in a comfortable place where you will be uninterrupted for several minutes, and ensure that your comforts have been met so that you will not become distracted. Go to the bathroom, have a drink of water, grab a blanket if you need one, and settle in for a few minutes. When you are ready, you may begin the meditation.

"I want you to relax in your spot, now. Feel the support that your body is receiving from the surface upon which you sit, and notice how grateful you are for that support. Settle into your chair or bed, now, and close your eyes. I want you to notice how relaxing it is for you to be here, and work toward openly receiving this relaxation. Feel how effortlessly it comes to you, now. Your breath deepens and softens as you settle into this relaxation, and you begin to feel as though you could stay in this spot for hours. As you do, you also notice that your

mind is beginning to feel infinitely more relaxed, too. You slowly let your guards down, allowing this relaxation and comfort to flow to you freely, now.

When you are ready, I want you to picture yourself standing in a meadow somewhere. You may decorate the meadow as you like. Perhaps you will choose to have trees in your meadow, or maybe flowers, or even a creek flowing in the background. There may be butterflies in your meadow, or even little bunnies hopping around. Or, maybe you are the only one there. You may imagine your meadow however you desire it to be, in whatever way feels the most relaxing for you. Then, when you are ready, I want you to picture yourself laying down on the ground, with your back against the grass. I want you to rest your legs out straight, and keep your arms stretched out to your side, with your palms facing up, ready to receive blessings. As you lay there, I want you to notice a beautiful glowing white light filling your heart space, now. This white light may start off dim, or it may come in bright and shining right away. How you choose to welcome this light into your heart is up to you. Once you have. However, I want you to picture, this bright white light opening up your heart space. As it glows, you can feel your heart opening. The white light cleans out any blockages you may have, allowing your love to flow freely again. You can feel yourself openly loving yourself and your surroundings, as well as openly receiving the love that you are receiving from yourself, your surroundings, and this beautiful white light. Then, when you are ready, you can imagine that the light begins to travel upward, now. It begins to form a cord, connecting from your heart space out into the open. The cord continues to travel out into the universe, reaching out to the person that you desire. The cord continues to grow longer and longer, stretching out as far as it has to so to reach the person whose love you desire. As it grows, the cord does not grow thin, strained, or dim. Instead, it remains strong, bright, and solid. It openly moves toward the person whose love you desire until it finds them. Then, it connects to their heart center. From there, you can feel the love filling inside of you. It continues flowing openly, travelling freely between the

two of you. Nothing restrains the love, and nothing holds it back. Both of you are openly loving each other, and openly accepting love from each other. After you have soaked up the love for a few moments, I want you to imagine the cord gently going invisible. There it shall remain, in the back of each of your mind as you both prepare to love one another openly and freely on an entirely new level. When you are ready, I want you to gently bring your awareness back to yourself in the meadow. There, you lay, soaking up the love that you have openly received from the person whom you desired to receive it from. And when you are ready, you may return your awareness back to the present, becoming aware of the room before you. Gently open your eyes, and bring your attention back into reality. When you are back, feel how different you feel after openly giving and receiving love. You may practice this meditation as often as you desire until you feel as though you are readily available to openly accept and receive the love which you desire."

CHAPTER 13

FAMILIAL RELATIONSHIPS

Love does not only exist in romantic relationships. In fact, it is heavily present in familial relationships, too. If you want to boost the love that you experience in your familial relationships, the law of attraction can provide you with a great advantage for experiencing success in this area. The law of attraction can assist you with opening yourself up to receive a more positive relationship with your relatives, as well as help heal relationships that may be damaged. This practice can also help you become closer with those whom you love in your family but may not have felt particularly close to in the past, also, such as cousins or other distant relatives.

Who this is for:

This meditation is for anyone who desires to have stronger, more durable familial relationships. Whether you want to increase the love in an existing relationship or heal a damaged relationship to resume the flow of love once more, the law of attraction can help you accomplish this. The law of attraction is great for bringing families back together and strengthening the love that they have for one another, effortlessly.

How it works:

Familial relationships can be tough. Unlike the art of attracting love, where we are often focusing on attracting a space within us that is open to receiving love, love in familial relationships often requires us to hold space for healing, as well as to openly receive the love we desire. Sometimes it will include reframing the love we receive, and other times it will include getting exactly what we want. The law of attraction part of this can be simple, or it can be rather complex. In essence, the law itself is simple: it will allow you to facilitate any healing you

may need, hold space for yourself and for your family members, and provide you with the opportunity to learn how to receive the love you desire from the ones that you love. You will learn about how to use this in the six-step process, as follows.

Six Steps of Attraction for Familial Love

The first thing you must do when you are looking to improve your familial love is to ask for what you desire. If you desire to mend broken relationships, ask. If you desire to become closer to people who you have drifted apart from, or perhaps those that you were never close with to begin with but would like to be, ask. If you would like to attract an estranged family member, ask. Anything that you desire to acquire in your familial relationships, ask. Be sure that you are clear and specific about what you are asking for, and do not shrink your question out of fear of not receiving what you want. Be bold, be honest, and be open to possibilities.

Once you have asked, be sure that you take the time to adjust your beliefs. You may have fostered limiting beliefs as an opportunity to keep yourself protected from potential dangers that you have faced in the past. Perhaps you are holding onto feelings of rejection, fear of not getting what you want, or anything else that may keep you guarded. If that is the case, you will need to work toward shifting your beliefs to allow you to move beyond those fears and open yourself up to eventually receive the relationships you have asked for.

Visualizing can be a powerful tool when it comes to shifting your beliefs and opening yourself up to recognize and create the types of relationships you want with the ones you love. Try visualizing yourself creating these relationships, and notice what it would be like to have them. How do your interactions change as a result of these changed relationships? What has changed about you that has made you more receptive? What is it like when you enjoy this relationship?

What do you and the other person do together? Where do you spend your time? Go into elaborate detail about how the relationship will be and what you believe it will be like once you have received what you desire. Again, your limiting beliefs and self-preserving fears may become apparent in this part, holding you back from wanting to dream as deeply as you desire to. Be sure to allow these to fade away as you dream as boldly and brightly as you want, going into detail about the exact relationship you desire to have.

Next, you need to begin acting in alignment with what you have asked for. If you want to meet an estranged relative, begin doing the groundwork to find this relative. If you want to have a better relationship with someone, begin doing what you can to have that better relationship. Set boundaries, invest time in the relationship, call them, write them, spend time with them, and be sure to express gratitude and love when you begin receiving what you want. The more you act in accordance with what you desire, the more you will begin to receive it.

Receiving the love that you desire, especially after estrangement or damage in a relationship can be hard. This is especially true when it comes to family, as we tend to be infinitely more vulnerable around our family members, making any pain we may feel in their presence difficult and seemingly unbearable. For that reason, it may be difficult to receive the relationship you desire. You may find that you are regularly looking for signs and evidence that the person will not live up to your expectations and that you will end up hurt and back in the same place you started, or perhaps even worse off. This is all responsible for blocking receiving. Instead, you need to begin looking for evidence that things can change and will be better. If you begin receiving something you do not desire, perhaps harsh criticisms or some form of “punishment” from the other person, choose to receive the good parts of them and not these parts. Enforce the “acting” portion of the six-steps to attraction process by enforcing your boundaries and preserving your energy and safety without severing the relationship or falling into arguments as a result.

After you have received what you desire, always be sure to express your gratitude. Say thank you to the universe for aligning the opportunity, show your gratitude to the person with whom your relationship has been enhanced, and show gratitude to yourself for allowing yourself the freedom to seize the opportunity to have the relationship you desired all along. Do not be stingy with your gratitude: give it abundantly, and give it unconditionally.

Meditations to Heal and Improve Familial Relationships:

During the visualization process, you may desire to practice meditation as an opportunity to heal and improve your family relationships. This can also help with reconnecting estranged family members and bringing people back together. This meditation is not a long meditation, but it is a highly powerful one. As you complete it, you will need to be in a space where you are comfortable and can rest for an extended period of time. Relax, ensure that you have everything you need to remain comfortable, and then begin your meditation when you are ready.

“I want you to start by gently allowing your eyes to fall closed as you begin to relax, now. Feel the comfortable air surrounding you as you settle into the seat upon which you are sitting, and notice how relaxing your surroundings are. I want you to focus on a sound that you can hear in the background, now. Listen to it for a few moments, and notice how it makes you feel. Are you enjoying the sound? Or does it seem to be taking away from your concentration, perhaps even annoying you? When you are ready, let that sound fade into the background, away from your consciousness. Then, focus upon another sound you hear. What does it sound like? Are you enjoying the sound, or is it unenjoyable? Listen to it for a few moments, now, before once again allowing it to fade into the background. Now, I want you to hear the sound coming from your speakers. Yes, the sound of my voice. As you listen, I want you to know that you are going to be experiencing a vulnerable and enjoyable moment shortly here. It is one that you have been craving for a long time and one that you will surely enjoy. If you

are ready for it, I want you to picture yourself, now, standing in front of your home. Imagine that you are outside of your front door, preparing to let yourself in. You see all of the common things you see at your front door, whatever that may be. You also notice that it is slightly ajar as if someone is already inside. Curious, you walk up to your front door and gently push it open, revealing your entrance. There, a pair of shoes rests neatly against the wall. You recognize the shoes to be the shoes of a family member of yours, and you are instantly filled with excitement. You have been awaiting their visit for some time now, and you are eager to enjoy this time with them. You slip your shoes off and close the door behind you as you head into the living room where your loved one awaits you. There, they sit on the couch smiling up at you. They stand to give you a hug and greet you as you come into your home. You exchange some pleasantries and then sit on the couch next to them to begin enjoying your visit together. The visit seems to come with ease. There is no difficulty in the conversation that flows naturally between you. Instead, you are comfortable and enjoying the experience. It feels completely natural, as though you have done this several times before. Your loved one is kind, thoughtful, and caring toward you. You are also kind, thoughtful, and caring toward them. Nothing that once stood between you and your loved one seems to exist anymore, as it all fades away and allows you to simply enjoy the present and everything that it has to offer.

The minutes are passing as you continue to enjoy your visit. Soon enough, it draws to a close as your loved one prepares to leave. In your heart, you feel fulfilled for having such a wonderful visit that was free of any of the hardships that you previously worried about. This time it was enjoyable, and it felt as though you had always had such a wonderful relationship all along. You feel satisfied after having such a wonderful experience together, and you look forward to future gatherings where you will be able to enjoy the presence of your loved one once more.

You escort your loved one to the door, now, helping them gather their things and

prepare to leave. As they are heading out the door, you let them know how grateful you are to have them in your life, and that you look forward to seeing them again. You smile and sigh, recalling what a wonderful visit it was. As you close the door, you turn around, and your home still feels loving. You do not feel as though anything went wrong, or that there was any pain or difficulty in the visit. Instead, you simply bask in the enjoyment, knowing that your relationship boasted all of the loving features that you always wished it had. It was an enjoyable, pleasant experience.

When you are ready, now, I want you to begin to draw your awareness back into your physical body. Notice how different you feel after having such a pleasant experience in your creative imagination. Recognize how different everything seems, knowing that the type of relationship you desire is possible and that you are worthy and deserving of such a relationship. Know that you are capable of attracting the type of relationship that you desire, and that you can look forward to many wonderful encounters with your loved one in the future, simply because you desire them."

CHAPTER 14

FRIENDSHIPS

Friendships are a common relationship in our life that boasts love in many different ways. The love we feel for our friends is one that is different from other kinds. We do not experience romantic feelings for our friends, nor do we have the same difficulties that can occasionally arise in familial relationships. People often recall that friends are much like “chosen family” in that you keep them in your life because you want them there, and not because you feel pressured to have them there. For that reason, you can imagine that true friends are often the ones that we care about deeply and genuinely, and that we want to keep around.

The law of attraction can have a powerful impact when it comes to friendships. You can use this wonderful law to help you with strengthening friendships, growing your circle of friends if you feel that you need more friends, attracting better friends if you are not feeling aligned with your existing friends, or even help you with healing damage that you may be experiencing in a friendship that you already have. You can do virtually anything you desire with the law of attraction to improve the quality of friendships in your life in any way that you desire.

Who this is for:

This practice is for anyone who desires to have better friendships in their life. Whether you want to replace your existing friends, strengthen your relationships with them, attract friends, or simply expand your circle, using the law of attraction can help you. This is also a great tool to use if you want to heal any damage that may presently exist in a relationship that you share with a friend. Being able to use the law of attraction in such a versatile manner means that anything you desire to attract and enjoy in the “friendship” division of your life

is completely achievable using the six steps of attraction and the principles of the law of attraction itself.

How it works:

When it comes to friendship, the biggest thing you can pay attention to in the law of attraction is the two most basic principles: ask, and receive. While the other six steps we discuss in this book are important in the attraction process, these are the two most important steps. You need to be willing to ask for what you want, and then you need to be open to receiving what comes your way.

Six Steps of Attraction:

As you just learned, asking is one of the most important steps in attracting new friends, expanding your circle of friends, and strengthening or healing relationships with friends. If you want to experience more success in friendship overall, you need to be willing to ask. Many times we are shy to ask for what we want surrounding the topic of friends because we may feel unworthy, or as though we may appear ungrateful for our existing friends. This is untrue. If you feel as though you need more friends, want to change your group, or that you simply want to have better relationships with the friends you have, you are perfectly capable of asking for this. Do not be shy. Be specific about what you want, and ask. As always, try and pick a deadline for when you would like to see your results by.

Once you have set the intention, begin to believe that it will come true. Believe that your perfect friendships are out there and that you are perfectly capable of attracting them into your life. Believe that you are worthy of the relationships you desire and that you can attract them effortlessly. Believe that people *want* to have great friendships with you and that they are eager to either begin a

friendship with you or improve the friendship you already share.

After you have worked towards shifting your beliefs, step into the visualization process. Visualize the friendships that you want to have in your life. If you want to heal or strengthen a friendship, visualize what it would look like if that happened. If you want to attract new friends, visualize who they are, how they enhance your life, and how you enhance theirs. Think about the things you would do together, and the enjoyable times you would share. Consider how this would affect your life in general, and how you would be benefitted by the experience. Also, consider how you would benefit others with your friendship.

The actions that you choose to employ are going to depend on what your desired outcome is. If you desire to heal a friendship or strengthen one, you will need to take necessary action to make that happen. Apologize, open the lines of communication, and/or do whatever is necessary to get things flowing in that department. If you want to attract new friends, begin putting yourself out there and getting yourself positioned in a place where the new friends you want to enjoy would spend time. Consider who they are and what they do, and then begin spending time there! Align yourself with them so that you effortlessly meet them and kick it off as friends.

When you begin to receive the friends you desire, or the friendships you desire, the best thing you can do is gain self-awareness around this situation. Notice how these friendships are impacting your life, and look for opportunities to openly receive them. Clear time in your schedule for your friendship, make an effort to cultivate the friendship, and ensure that you are giving enough of yourself to the friendship that it genuinely feels like a two-way street being enjoyed by both of you. Give as much as you take.

After you have taken action and you begin receiving the results you desire, such as a healed or strengthened friendship or new friends, begin expressing gratitude. While you do not need to go over the top by endlessly sharing how grateful you

are, expressing your gratitude verbally on an occasional basis is a great way to ensure that your friends know how you feel. You can also express gratitude by calling them, showing genuine care and interest, and investing yourself in their life. You can make arrangements to spend time together and ensure that the time you spend together is quality time, and find ways to keep them feeling appreciated and respected. In friendships and relationships in general, one of the best forms of gratitude is action.

Meditation for Friendship:

Meditating to enhance and improve friendships is a great opportunity to cultivate the friendships you desire. This meditation will work perfectly for anyone looking to mend or improve a friendship, or for anyone looking to attract a new friendship into their life. You can use this meditation anytime, as often as you desire to help you achieve your results.

To complete this meditation, you will need to be sitting or lying down in a comfortable place where you can be uninterrupted for the duration of the meditation. Then, when you are ready, you may begin.

“I want you to begin by closing your eyes, now. I want you to notice the backs of your eyelids, including how they feel and what color you see through them at this time. Are they bright orange, reflecting the light that is shining on the other side? Or are they yellow, red, or even brown or black? What do you see on the back of your eyelids, now? Enjoy this experience as you spend time appreciating this view, and then draw your attention to your breath. What rhythm are you breathing with, now? Are you breathing deeply and with great relaxation? Or are you breathing slowly and feeling somewhat tense? If you are feeling any tension or restraint in your breath, take a few moments to relax it. Allow the breath to soften, as you grow more and more comfortable with each inhalation, and more and more relaxed with each exhalation. As you begin to feel more relaxed, now,

I want you to go ahead and visualize yourself sitting in front of your phone. There, on the counter, your phone begins to ring. You see the name of your friend, and you answer it. Your friend greets you, and asks how your day has been. You exchange some small talk before your friend asks if you would like to hang out together. After you agree, you head to put your shoes on and you leave at once. You wander down the street to the location where your friend wanted to meet. Now, I don't know if you had planned on meeting at a bar, a coffee shop, or even just at the local park. Imagine, however, that you are spending time in a place where you two both enjoy spending time together on a regular basis. As you arrive, you see your friend arrive at the same time. You smile at one another and then greet each other, eager to spend some time together and enjoy each other's company. Together, you sit down on a comfortable seat nearby. Then, you begin talking. Your conversation carries effortlessly, flowing between you as if you have been wonderful friends for many years. There is no tension, no worry, and no fear of saying the wrong thing. Instead, you both feel completely relaxed and comfortable. It is as if this is the millionth time you are doing this, and everything feels wonderful and enjoyable for both of you. As you and your friend enjoy this time together, I want you to notice as much as you can about the situation. Who is your friend, and what is your relationship like? How do you both enhance each other's lives? What do you enjoy most about your friend, and what do they enjoy most about you? Take some time to really consider the details of the relationship, and to express gratitude for this wonderful friendship. When you are ready, I want you to slowly push the image down into a small screen, as if you are watching TV. Then, I want you to push that screen far away until it disappears. The further away it gets, the more you repeat to yourself "and so it is", making this wonderful friendship factual instead of simply a dream. Then, as the image disappears, I want you to return your attention to your physical body, now. Gently shake out your hands and feet, and then your arms and legs. When you are ready, you can slowly open your eyes. Now, you can begin enjoying your day, knowing and trusting that your wonderful relationship

is a fact and that you are merely waiting for the phone to ring so that you can enjoy a beautiful experience with a great friend."

Act in ways that help you attract wealth. Spend wisely, choose purchases that serve you, and make investments (both financial and non-financial) in things that can help your wealth build. Look for opportunities to generate wealth, visualize, meditate, and ask on a regular basis. Complete your wealth-building routine on a daily basis so that you are consistently focusing on what you want and working toward bringing it into your life. When you get opportunities to make more money that feels right for you, take them. Overcome any fear or hesitation that may be holding you back from wanting to accept it and acknowledge your worth and continue moving forward passionately, determined to bring your vision to life. If you are feeling uncertain, practice a meditation such as one from the following four chapters, or simply invest in spending some time visualizing what your life will be like. Stay focused.

Receive blessings as they come your way. Do not discriminate on the size of the blessings or where they come from. Look for opportunities to discover evidence that you are already well on your way to being where you want to be. If you find pennies on the ground, receive them and say thank you for the universe putting wealth in your path. If you are given a free lunch, a free coffee, a great parking spot, or anything else, openly welcome your blessing. If you receive a new contract, a new client, a small raise, a large raise, a lump sum of money, unexpected money, or anything else, openly receive it and be sure to give gratitude for receiving it. You want to make sure that you are not holding off on receiving until the perfect dream scenario comes up. Practice receiving and expressing gratitude now so that when that which you desire comes your way, you can openly receive it and show gratitude for it. This will help open you up for more, including what you have originally asked for.

Gratitude is a major key to receiving anything, as it allows you to remain open

so that you can continue receiving more. Often, if we are not expressing gratitude, then we are filling our heads with reasons why we do not deserve what we have been given. Instead, take that time to celebrate your blessings. Say thank you when you receive them and use them up to their fullest. Do not save them for “a better occasion.” For example, if you are given a gift card, use the entire thing in one go! Do not feel as though you have to hold back and only spend small amounts at a time. You are free and open to receive and use as you desire, and by using your blessings and taking advantage of them, you are showing the highest level of gratitude possible. Think of a child on their birthday: they don’t wait to open their toys for a “better time,” they open them immediately and begin playing with them! They want to experience all of the blessings they have been given. This is how you should be with your blessings, too. Be so excited about them that you simply cannot wait to use them up and enjoy them.

CHAPTER 15

FIXING LOVE

Love is not always clean, and it does not always go the way we want it to. Sometimes, we experience things in our relationships that take away from the quality of them. Perhaps we have a fight, or maybe one of the people in the relationship betrays the other one through acts of unkindness. Regardless of what has led to the hardship, it can be painful and difficult to endure. You may find yourself in a position where you want to fix the love you are experiencing. Fortunately, the law of attraction is a wonderful tool when it comes to attracting the type of relationship we want by healing any hardship or damage that a relationship has faced in the recent or even distant past.

If you want to heal a relationship and begin enjoying it once more, the law of attraction can certainly help you with that. Your desire to heal a relationship is not unnatural, and it is a desire that we often feel when we care deeply about someone. You may desire to heal a romantic relationship, or you may desire to heal one that exists between you and a friend, or a family member. Regardless of who this person is, know that you have the power to fix it by calling on the law of attraction and the abundance of blessings that it can help you attract into your life.

Who this is for:

The law of attraction can help mend any sort of relationship you have, and any sort of disaster it may have faced. Whether you are experiencing damage in a relationship as a result of something natural, such as drifting apart, or if you are experiencing damage in a relationship as a result of something painful, such as betrayal or an argument, the law of attraction can help you. You can use this law to help you attract a mended relationship with a romantic partner, a friend, a

family member, or anyone else whom you care for in any way. This is a powerful practice that can help you mend virtually any type of relationship you desire, no matter what lead it to the position it currently holds today.

How it works:

The law of attraction works with mending relationships by allowing you to first set the intention of what you want. Whether you want things to go back to the way they were before, or if you want them to be mended under new “terms” that allow you to both enjoy the relationship with greater ease and feelings of appreciation, you can do so with the law of attraction. When it comes to mending relationships, the two biggest steps in the law of attraction are asking, or setting the intention, and acting. Through asking, you will be given clear and intuitive guidance on how you can work toward mending the relationship. Whether it requires forgiveness, mutual work toward having a more peaceful approach to conflict, or anything else that may be required, you will be intuitively guided to take this action. Then, as a result, you will see improvement in your relationships. Eventually, you will see that they are mended.

Six Steps to Attraction for Mending Relationships:

Begin by setting the intention and asking for what you want. If you want to experience healing in your relationship, set the intention for healing. Be sure to outline all of the terms that will be required for healing to happen. If you require forgiveness, an apology, or anything else for healing to happen, request it. As well, request that you are granted with any new terms you may see fit. For example, if you feel that your boundaries need to be honored with more respect, you should ask for this. As well, set a timeline for when you would like to see the relationship mended by.

Once you have asked for what you want, set the belief up for it. Believe that you have the ability to mend the relationship and that you can resume a wonderful

relationship with the person you care about. Believe that any changes required can be made, effortlessly, or that the relationship can simply go back to the way it was. Believe that you are capable of forgiveness and that you are worthy of forgiveness. Believe that anything required to facilitate the mending can be granted and that you will not face these hardships forever.

Visualization is a great way to help facilitate the mending process. Since you have already shared a wonderful relationship with this person once before, you can effortlessly visualize what a wonderful relationship with them looks like. You can see what it feels like when conversation flows effortlessly, you know how it feels and what it looks like. It is easy for you to invest some time visualizing this and spending time constructively dreaming about what it will be like to have this in your life once more.

Actions are always required when it comes to mending. The action to be taken is going to need to happen from both parties, so be willing to own your part. Mending always takes two, no matter how the break was created. There will always be at least one person who needs to be willing to seek forgiveness and one person who needs to be willing to grant it. In some circumstances, both parties must be willing to both seek and grant forgiveness. Begin taking action toward fulfilling your part of the role by actively seeking or giving forgiveness. Look for ways that you can create terms that will allow the relationship to flourish once more, and actively enforce them. Construct boundaries and uphold them, open the lines of communication and communicate vulnerably and openly, and otherwise ensure that you are taking action toward successfully mending the relationship.

When you begin to see that the relationship is mending, be willing to receive all that comes with it. Know that in many cases a previously broken relationship can provide new levels of pain and discomfort along the path of healing. Often, we are fixated on the one thing that hurts *the most.* As we begin to receive the

mending process, we may become aware of new things that hurt and need to be healed and forgiven. Be open to receiving these, as well as open to receiving the relationship that you are regaining as a result. Take your time, be kind, and be gentle with both yourself and the other person. Leave room for both of you to heal, and hold space for the relationship to come back together in its natural form.

As you receive the blessing of a mended relationship, especially right from the start, continue to show gratitude. Express your gratitude by sharing how grateful you are that the relationship is mending, and by letting the other person know how much you care for and appreciate having them in your life. Do not be shy to express your gratitude on a regular basis, especially when healing is taking place. The only time when gratitude may need to be silenced and shown strictly through actions instead of words may be if the other party feels as though they need space. Respect their boundary and provide space. This very action will become a sign of gratitude all on its own.

Meditation to Fix Love:

There is a wonderful meditation you can use that will help you fix love, no matter what love it is, and no matter with whom you share it. Whether you want to fix the love between you and a spouse, friend, or family member, you can do so with this meditation. Whether you are trying to mend the brokenness that arose as a result of a fight, or as the result of betrayal, you can use this meditation to help. This meditation is wonderful for helping you visualize and actively work toward attracting the mended relationship that you desire.

“When you are ready, I want you to sit or lie down in a comfortable position. Find a spot where you can stay relaxed and uninterrupted for several minutes, as you embark on a journey of healing. When you are ready, close your eyes, now. I want you to begin this meditation by picturing the person with whom you want

to heal your relationship with. Get a clear image or sense of who this person is in your mind. You may see their face perfectly, or you may simply become aware of who they are and what it is that you wish to mend. Once you have, I want you to keep this awareness present as you begin to relax and focus on your breathing. I want you to start by taking a deep breath in, holding it for the count of three, and then breathing out completely. Once again, breathe in deeply, hold it for the count of three, and then breathe out completely. One more time, breathe in as deeply as you can, hold it for three seconds, and then completely exhale. Now that you have relaxed your breath and lungs, I want you to allow your breathing pattern to return to its natural rhythm. I want you to return your focus to the awareness of this person once more, bringing that back to a vivid space in your mind. Then, when you are ready, I want you to recall a time you shared with this person where your relationship was wonderful and enjoyable. I want you to get very clear on this specific time in the history that you shared with this person. Perhaps you were spending time at a gathering, or maybe it was just the two of you enjoying some time together with good company. Recall what you were doing, where you were, and who was around you. Then, I want you to recall what it was like to be with this person. What was your relationship like at this time? How did it feel? Notice how effortlessly things seemed to flow between you. The two of you acted in perfect harmony, both respecting and enjoying the relationship. Both giving and receiving equally from the relationship. Both of you had a very clear and passionate consideration for one another and loved one another deeply in your own unique way. The relationship you shared was wonderful, and you were so grateful to have such a relationship with someone.

Now, I want you to picture you and your loved one sometime in the future. Create a new memory that you wish to share with this person, now. Imagine where you would be, and what you would be doing there. If there is anyone around, imagine who they are and how they are involved in the memory. Are they simply other patrons at your favorite restaurant? Or are you sharing time

with them and several other loved ones, enjoying everyone's company at the same time? Imagine what event has brought you together, and what it is like to be together once again. Allow the conversation and actions between you to flow effortlessly, as they did once before. The relationship between you in this new, future memory is very similar to the one you shared in your previous memory. Only this time, healing has happened. You are closer to it, and your relationship is that much stronger. You can feel the results of the healing, and you know that they can, too. There may be parts of your relationship that have changed, but you can tell that these changes have only enhanced the relationship. They have not taken away from it. Both of you have grown, and both of you have grown together. Your relationship is now boasting the same love it once did, only with greater strength and fierceness. There is nothing you cannot overcome with this person. You both love each other, and nothing can possibly change that, not even the hardship you are facing in the present.

When you are ready, I want you to freeze this memory as though it has become a picture. Then, I want you to imagine yourself holding that picture. File the picture in your memories, under the exact date that it happened. Perhaps it is taking place just a few days from now, or perhaps it is taking place a few months from now. Regardless, file it exactly where it belongs, in your memory box. Then, when you are ready, you can slowly begin to return your awareness to your physical body. Take notice of your hands and feet, and your fingers and toes. Gently stretch out your arms and legs, and your neck so that you can feel the energy flowing back through your body once more. Then, when you are ready, you can begin to notice your breath once again. How is it flowing, now? Allow it to maintain its natural rhythm as you simply relax and focus on it. Feel the healing that you acquire with each breath and the pain that is expelled with each exhale. After you have spent some time healing and basking in the joy of knowing that your relationship with your loved one will soon be back to its normal state, you may open your eyes. Return to your day feeling relaxed and

fulfilled, trusting that everything you desire is yours for the taking. Soon, everything you have asked for will be granted.”

PART 4: LIFE

CHAPTER 16

ATTRACT THIS

The law of attraction is wonderful for attracting the life you desire in general. Whether you want to attract a new lifestyle, enhance your existing lifestyle, or add things to your life that are not currently present, you can effortlessly call on the law of attraction to begin calling in all of the experiences and evolutions that you desire. The law of attraction is a wonderful and versatile tool that can be used to design the life you desire and co-create it alongside the powerful universal forces. The law of attraction does not know boundaries, and it is not restricted to only small or seemingly obvious attractions. In fact, you can attract any wild or incredible experiences that you can conjure up in your mind.

If you have been craving adventure, longing for a more productive or enjoyable lifestyle, or want to have the experience of a lifetime, the law of attraction can help you achieve just that. In this section, you are going to learn about how you can enforce the law of attraction to your life in general so that you can begin leading the life you desire, effortlessly. Before we get into manifesting and attracting incredible encounters like meeting famous people or completing the wildest experiences on your bucket list or becoming famous yourself, we are going to focus on how you can begin implementing the law of attraction on your day-to-day life to experience a booster overall. Then, you will begin learning how you can enforce this wonderful law to enhance your life in specific ways.

Before we begin exploring specific ways that you can enhance your life, let's take a look at how you can employ the law of attraction to help you begin living a more enjoyable and thrilling life each day in new and surprising ways. While you can certainly attract and manifest specific experiences, like you will learn about later in this section, you can also open yourself up to attract and receive magnificent experiences at complete random. If you want to find yourself being

showered with wonderful and unexpected experiences, begin making these changes in your daily life.

Ask to receive a wonderful life filled with surprises and pleasant experiences. Each morning when you rise, ask the universe how you can be blessed with wonderful, unexpected experiences that will make your day joyful and memorable. When you are asking, do not ask for anything specific. Instead, state your question in a way such as: “How can I have a wonderfully unexpected and yet completely enjoyable day today?” Then, when things happen in your favor, enjoy them!

Believe that you, too, are worthy of achieving magnificent things. You may be watching and filling your social media and life with wonderful accounts of people who have received magnificent surprises in their daily lives. For some people, it seems to be a common occurrence. Every time you turn around, they seem to be celebrating a new and completely unexpected experience that has happened to them. Believe that you, too, are worthy of these wonderful experiences and that you can enjoy them in your own life! Believe that complete unexpected situations are falling into your lap on an endless basis, with limitless potential for what they may be. There is nothing different between you and those who receive limitless unexpected blessings on an unconditional basis, aside from beliefs. Tune into the same belief system, and you will begin noticing wonderful surprises in your path, too!

Visualize a life where everything happens *for* you. It is completely true that everything happens for a reason and that things are happening for you every single day. Take the time to believe that life is happening for you by visualizing this. Visualize not only the types of wonderful things that could happen for you but also the way that you will react to unexpected circumstances. Will you get frustrated and upset about changes in your path and unexpected situations that arise, thus pushing them away? Or, will you welcome them with arms wide open

and embrace all that they have to offer you? Only you can answer this. Visualize yourself doing the latter, and imagine all of the amazing and exciting new experiences that fall into your lap as a result of you being willing to openly receive and accept changes and unexpected circumstances.

Act no differently than you normally do, most of the time. For the most part, simply go about your day! Unexpected blessings are just that: unexpected. While you should expect that they will happen for you, do not act as though you are simply waiting for them. Instead, go about your business as usual. The only actions you may want to change are how you receive your blessings and unexpected situations. Be willing to adapt to change and embrace things that fall into your path. Do not get easily upset and frustrated when things do not go in your favor, ultimately telling the universe that you do not want these unexpected blessings. This will go against the law of attraction and will result in you not getting what you have asked for.

Receive the blessings as they come. Your unexpected blessing may be small, such as finding five dollars or being gifted a coffee when you are at work, or it may be large, such as meeting someone famous or being gifted a car or a house. Receive your blessing openly, no matter how small or large it may be. Look for things that you received each day and grow used to receiving them. A great way to do this is to write them down and express gratitude each time you do.

Gratitude should always be expressed for your blessings. The biggest key to receiving unexpected surprises is learning to be just as grateful for the small things as you are for the big things. For example, do not brush off a free coffee but go bananas over a free concert ticket. Celebrate everything you are blessed with. When the universe sees how much you love receiving, the universe will eagerly provide you with more and more.

CHAPTER 17

GREATER LIFE EXPERIENCES

If you want to start experiencing greater life experiences, there is no better law than the law of attraction. Life can sometimes fall mundane, boring, and routine. You may find that you are stuck in a bit of a rut, or that you always seem to be doing things that are mediocre. Occasionally you might get to celebrate major experiences, but you may find that your average life is, well, pretty average. If you want to start being one of those people who randomly meet celebrities on the street, gets offered a lottery ticket for free that ends up being the winning ticket, and gets to go on wild and exciting adventures on a complete whim, then you want to use the law of attraction to help you attract greater life experiences.

Regardless of how your life is now, or how it has been in the past, you can use the law of attraction to completely shift how you experience life. Not only will you get to go on massive and incredible adventures, but you will also likely find that you are awarded with completely random and extremely awesome adventures that seem to arise out of the blue. In general, you can have phenomenal and memorable life experiences if you want to. Simply apply the law of attraction, and begin attracting your awesome, brag-worthy life!

Who this is for:

This practice is for anyone who wants to experience more in life. More fun, more adventure, more celebration, and more spontaneity. If you find that you want more out of your life and that you are eager to start filing up your memory books with something beyond your average day-to-day lifestyle, it is time to start attracting and manifesting a rad life filled with great life experiences! There is no limit on what you can ask for and attract, or on how many times you can do so!

How it works:

This practice works by having you apply the law of attraction to attracting virtually any life experience that you desire. Whether you want to meet your celebrity crush, get a star role on a TV show, travel to somewhere exotic, take an incredible road trip, or do virtually anything else that will ramp up the excitement and experience in your life, you can use the law of attraction to do so. You will want to use this practice anytime you are looking to attract something large into your life. In no time, it will become nearly effortless, and you will be able to attract your wonderful life experiences effortlessly and with ease. Until then, continue using these practices in order so that you can get the hang of things!

Six Steps of Attraction for Greater Life Experiences:

Start by asking for any great life experience that you desire. No matter what it is, ask. If you want to meet a famous celebrity and get an opportunity to talk to them or take photographs with them, ask! If you want to be a star on a game show or even on a reality show, ask! If you want to travel somewhere, do something incredible like bungee jumping or skydiving, or otherwise do something incredible and grand, simply ask for it. It works even better if you ensure that you also state when you would like to receive your blessing by!

Once you have asked, begin to believe that it is possible. This can be hard, as we are often wired to believe that we are not capable of attracting or experiencing incredible and larger-than-life experiences. However, you are completely capable of attracting and experiencing anything that you desire to experience. There is no limit to what you, or anyone else, can attract into your life. Each time you find yourself thinking limiting beliefs like “Why would I ever get this?” change your belief to “Why wouldn’t I?” Trust that you are not the only person who cannot experience wonderful things in life. You are just as worthy as the next person, and for that reason, you are fully capable of receiving and

achieving anything you want in life.

Next, begin visualizing what it would be like if your greater-than-life experience come true. What would it be like to bungee jump off of a cliff somewhere exotic? How would it feel to sit on a beach somewhere in the Bahamas? Or float down a river somewhere beautiful? What would it be like to meet your celebrity crush, or become a celebrity yourself? Begin investing your time in visualizing what it would be like if your request did come true. What would you feel, think, see, and do? How would it change your life? What would you tell people about the experience? How would it change you as a person? Pay attention to all of these details, and answer them in ways that you feel good about so that you are happy and eager to attract it into your life.

Now, you want to start acting on these goals. How can you begin acting in alignment with achieving what you have asked for? Can you start saving money, or spending time in places where celebrities hang out? Can you start writing your book and finding a publisher who can get you to the best-selling author list? What can you begin doing right away that will take you one step closer toward achieving your goal? Continue taking small but inspired action every single day so that you are steadily heading toward what you want to attract into your life. Furthermore, make sure that you are meditating and practicing visualization frequently so that you continue vibrating at the same frequency as your goal so that you can effortlessly align with it along the way.

Once you receive the opportunity to acquire what you have asked for, take it! Do not worry about how it has come about, or what you have done to acquire this opportunity. Simply take advantage of it and enjoy it! It has come about to you because you deserve it. Fulfill your goal by actively going after it once the opportunity has come your way.

Finally, express gratitude. Express gratitude for everything and everyone who has made you achieving your goal a possibility. Anyone who told you something

inspiring pushed you to go for it, introduced you to the right people, or gave you money to help you get there. Ensure that you express gratitude and say thank you for the ways that they have contributed to your success. Remember, expressing gratitude is a way of showing that you are grateful for your blessings so that you can stay open to receiving more.

Meditation for Greater Life Experiences:

If you want to attract a specific experience into your life, the following meditation is a great one to follow. It will help walk you through the process of attracting great life experiences into your life, allowing you to embrace and embody anything you desire to achieve. There is no limit on what this meditation can help you attract, and there are no limits on how often you can use it. In fact, the more you use it, the more success you are likely to have with it. If you are ready to start, simply sit somewhere comfortable and settle in for the experience!

“I want you to start by ensuring that you are completely relaxed, now. Settle into your seat, get comfortable, and begin feeling the weight of the world gently falling away from you as you relax into your comfortable chair. Release any tension that may have built up within your body until now, and open yourself up to the possibility of openly receiving a wonderful life, filled with wonderful experiences. As you feel your energy opening up to new possibilities, I want you to begin focusing on the specific event you want to attract into your life, now. Without going to deep into detail just yet, I want you to consider exactly what this event is. Pay attention to the details about the event specifically, such as where it takes place, what happens when you embark on this event and anything else that has attracted you to it. Start considering what has made it appear so thrilling to you, and what you are so eager to attract this into your life. Then, once you have considered these thoughts, begin paying attention to what it would be like if *you* were to have this experience. How would it feel for you, personally? I want you to start visualizing yourself actually partaking in this

experience. What does it look like? What does it feel like? How do you feel about yourself, and the experience itself? Pay attention to your mood, your physical feelings, and everything else that stands out to you. Consider what it will feel like to put this experience into your memory book. How will it feel talking about it once you have completed it? What will you tell people about your experience, if you choose to tell them at all? Consider the aftermath. When you return from the experience, how will it have changed you, and your life? What have you gained from it? And yes, it is more than enough to say that you have simply gained the experience itself and the wonderful pleasure it had to offer you. You are allowed to seek for and enjoy pleasure as it is handed to you in life. You are not required to choose something deep or meaningful if you do not feel so inclined to do so.

Once you have considered all of the ways this experience will feel, and how the aftermath will feel, I want you to file it away for now. When you are ready, I want you to begin bringing your focus and awareness back to your physical body, now. What do you notice within you that changes the way you feel about yourself and your life? How has the visualization already impacted you? Ponder these thoughts for a few moments, now. Then, when you are ready, I want you to gently open your eyes. Return to the present moment, and prepare yourself to embrace life once more. I want you to focus on all of these wonderful feelings you have experienced when you go about your daily activities, acting as though you have already attracted this exciting and enjoyable experience into your life. Hold these feelings with you, and whenever you feel called to think about your wonderful and exciting life experience, recall this memory.”

CHAPTER 18

ACCOMPLISHING PERSONAL GOALS

We all have personal goals, and often we are curious about what we can do to accomplish these personal goals. While we tend to work steadily toward bringing them to life and being able to say we have achieved them, we also tend to look for opportunities to bring them into our reality faster. Furthermore, there are some goals that we often set that we rarely intend to actually achieve due to a fear that we cannot successfully achieve them at all. For example, if you want to be famous, you may suppress this goal for fear of not being capable of fulfilling it. I am excited to tell you that the law of attraction is a wonderful tool to help you with accomplishing just that. If you want to experience wonderful life experiences, and begin embracing your personal goals, such as to become famous, fulfill things on your bucket list, or do anything that seems large and potentially unreachable, the law of attraction will get you there.

The law of attraction is a powerful tool that can bring the seemingly impossible into your reality and grant you with anything you desire. Yes, even if you desire to drive the most expensive car in the world, you can attract that into your life. There is genuinely no limit on the size of your goal and what you can achieve with this practice. The law of attraction is great in helping you define your goal and begin believing that you are capable of achieving it so that you can effortlessly attract it into your life. If you desire to do big, seemingly impossible things with your life, allow the law of attraction to help you do them effortlessly.

Who this is for:

The law of attraction in regards to personal goals is for anyone who has a personal goal that seems to be impossible for them to achieve. If you desire to achieve a goal that is particularly large or even one that seems smaller but is

extremely meaningful to you, the law of attraction can help you effortlessly bring in results. While there are certainly many ways that you can begin achieving your goals without the law of attraction, this law will ensure that you are able to do so effortlessly. It takes away a large amount of trial and error and feeling the need to either repress your goal or charge forward blindly. Instead, it will help you define what you want, and it will materialize the path you need to take in order to get there.

How it works:

The law of attraction can help you manifest and materialize your personal goals, no matter how large or small, by allowing you to get serious about them and admit them to yourself. Then, it works to help bring forth the path you should take in order to effortlessly walk a clear path to where you want to go. There is no path too big or too small to be materialized by the law of attraction. Simply take any goal you may have, apply the law of attraction to it, and watch as it seems to magically appear before you, as you always wished it would. Use the six steps of attraction, specifically adapted for personal goals, to help you achieve any goal you set out to accomplish.

Six Steps of Attraction for Personal Goals:

The first step is to state what your goal is and ask for the opportunity to attract it into your life. Remember, do not shrink or censor your goals for fear of what anyone else might think of them. Just because someone else might think there is no way that you will ever become famous or become a millionaire does not mean you will not. Instead, it simply means that you have a dream and they

don't see it your way. Many people have become famous, and many started in positions that are likely very similar to yours. Many people have become millionaires in rags-to-riches stories, and many people have achieved the goal you are trying to achieve right now. Not everyone is handed their goal by someone else, some had to attract it themselves. So, knowing that, feel confident in asking for anything you want without fearing what others might think of your goal. This is between you and the universe, no one else. Ask for your desires openly, confidently, and with detail. As well, put a timeline on when you would like to see your results by.

After you have asked, begin believing in the possibility that your dreams will come true. Do not hide behind the shield of disbelief or guard yourself against other people's judgments by pretending that you will never get to where you want to go. If you do, you will never get there. Instead, align your beliefs with your goals. Believe that you can have anything you want and that you can bring any dream to reality, no matter what that goal might be. When you hear the voice in your head telling you otherwise, remind yourself that these disbelieving thoughts are not your own and that you have the power to think anything you desire to. Then, replace them with thoughts that are rooted in belief and faith.

Next, you want to begin visualizing what it will be like to accomplish your goal. You want to spend time really thinking about all of the ways that achieving your goal will change your life. You want to consider what it will feel like each time you reach a milestone, each time you get closer, and when you finally get to say that you accomplished your goal. Consider the exact moment that you accomplish it, and what it feels like. You also want to make sure that you pay attention to how life will be after you have accomplished your goal! What new experiences are you enjoying as a result of your change? How are you now growing as a result? Pay attention to all of these different details and invest time visualizing them on a daily basis. The more you can feel the success in your mind, the easier it will be to attract it into your life.

Now, you want to start acting in a way that will bring you closer to your goal! The best way to act toward a goal in a way that allows the law of attraction to take the wheel is to ask yourself this: “What inspired action can I take right this moment that will lead me toward my goal?” The answer can be anything that will lead you in that direction. Do not feel as though you have to choose something small or large to get you there. Instead, simply think of what the next right move is for you to get closer to where you want to be. Then, make the next right move. Do not worry about getting too far ahead of yourself. If you need a plan or would feel better with a plan, highlight some important milestones that will help you identify when you have moved toward your goal. Then, each time you reach one of those milestones, celebrate! In the meantime, keep working toward them and moving forward steadily. The universe, as promised, will rise each step up for you to take so that you know exactly where you need to head next.

Once you begin achieving milestones and getting closer to your goal, you need to practice the art of receiving. It may feel unbelievable at first, especially if you had a large goal. Say, for example, you wanted to be a model with your face on a billboard in Time Square, but you started out as just a waitress in a small unknown town. When you make steps toward accomplishing your goal, it can seem overwhelming and crazy that you actually see evidence that it will come true. However, it is important that you do not let this excitement scare you and stop you from receiving. You should work toward openly receiving these milestones and welcoming them as evidence of your successful attraction efforts. Use them to fuel you, allowing you to continue rushing toward your goals. When you achieve one, set out a new incredible and large goal to help you move forward even further. Keep moving, and keep achieving!

As always, you need to express gratitude when you are along the path of the law of attraction! For this, you can express gratitude to anyone who has helped you move forward in your goal. You can also express gratitude to the universe in

general for helping you get closer and for bringing you the perfect circumstances that have enabled you to move forward. You can easily do this by simply saying "Universe, thank you for my blessings" each morning.

Meditation for Motivation to Believe in Yourself:

This meditation is a great booster to help keep you motivated to believe in yourself and move forward toward your goals. Unlike the following meditation to help you achieve your personal goal, this guided meditation was designed to help motivate you in times of despair. This is a great meditation to employ when you are feeling momentary lapses of negative beliefs or when you are struggling to get a start on a task that seems too big, scary, or difficult for you to accomplish. It is a visualization that only lasts a few minutes, and it will help you move forward through any blocks that you may have.

"When you are ready, I want you to close your eyes and prepare to visualize your powerful abilities to accomplish anything you desire. This visualization is one that will help blast you off toward success, giving you the courage and confidence you need to charge forward and turn any obstacle into an opportunity to leap toward your goal in a single bound. To begin this visualization, I want you to see your obstacle in front of you. On one side, you stand, and on the other side, your goal lies. The obstacle grows larger and scarier. I want you to make this obstacle as ugly and difficult as you can possibly make it. Build it of concrete, add spikes and other scary dangers, and make it seem as though it is completely impossible for you to pass. Really make this obstacle out to be huge. Fill it with all of the emotions of fear, insecurity, or lack of motivation that is holding you back from passing it. Then, when you are ready, I want you to look down at your feet. Beneath them, notice that there is suddenly something that will aid you in taking off. Perhaps a trampoline magically appears under your feet, or perhaps your shoes are suddenly equipped with incredibly bouncy springs. Or, perhaps you see a button that will blast you over the obstacle. You

may even prefer to visualize a helicopter that has landed next to you, now. Whatever you visualize, imagine that it is a perfect, albeit unexpected solution to get you over the obstacle that you face. When you are ready, you simply jump, or fly, over the obstacle before you. And, no matter how high you go, you sail perfectly over the obstacle. Then, you gently land on the other side. When you have landed, I want you to turn around, now, and look at the obstacle. Imagine that, from this side, it seems small and insignificant. Perhaps the spikes and other scary elements have disappeared, and from this side, you can see that it was never made of concrete, to begin with. Rather, it was made of a sponge, or maybe even a cloud. Visualize it as something that was easy to overcome, and recognize that now, from your new perspective, you realize that you made it out to be bigger than it needed to be. Then, when you feel confident in your success, turn around, now, and head toward your goal. In this new direction, with your newfound confidence, there is nothing that will stand in your way and hold you back from achieving success. When you are ready, open your eyes and begin pursuing your goal with that same confidence, and newfound perspective."

Meditation to Achieve Personal Goals of Any Size:

No matter what size of a goal you are trying to accomplish, this powerful meditation will help you stay inspired, stay motivated, and believe in yourself and your ability to achieve anything you desire to accomplish in your life. This meditation is a lengthier one so you will want to make sure that you are completely comfortable before you get started. Go to the washroom, have a drink, grab a blanket if you think you will need one, and remove any distractions that may take away from your concentration and your ability to stay in a meditative state. Know that you will need to allot some quiet time for this, so do not try and complete it while you are doing anything else. This time should be spent strictly visualizing your goal and what it will be like to achieve it. When you are ready, close your eyes and prepare to embark on this meditative journey

where you will see just how incredible you are and how capable you are of running fiercely toward anything you desire.

“With your eyes closed now, I want you to relax completely. Release any tension you may be feeling in your body, and allow yourself to settle in for an enjoyable experience where you will get to embrace your goal and see first-hand what success will be like for you. You will need to be extremely relaxed for this meditation, so I want you to find complete comfort and sink into as deep of a relaxation as possible to embrace all that you will learn in our journey together. Know that even if you end up in such a deep relaxation that you cannot quite remember what I am saying, your subconscious mind is listening and processing everything that this guided meditation will teach you. When you are ready, I am going to count down from ten. Each time I count down, you will feel your relaxed state multiplying until you are completely relaxed. Starting with ten, now. Now you are feeling two times more relaxed then you did before. Now nine, and you are feeling three times more relaxed than before. Now moving down to eight, where you will start to feel four times more relaxed than you did before. With the count of seven, your relaxation multiplies five times. Then, counting down to six, with six times as much relaxation. And five, now, with seven times as much relaxation. Now moving down to four, where you are eight times as relaxed as you were before. And down to three, with nine times the relaxation. Down to two, now where you are ten times more relaxed. Finally, one, and you are completely relaxed. With you in this completely relaxed state, now, it is time to embark on a powerful guided journey where you are going to experience how incredible your goals are and what a wonderful impact they will have on your life as you accomplish them, just as you always knew you would. As we embark on this journey together, I want you to see your goals as a race where you are the only runner. Along the sidelines, you will see the milestones for everything you set to accomplish along the way, and when you cross the finish line, you will be running straight into success with your goal. Before you

get started with your race, I want you to stand at the starting line. From there, you can see the finish line on the far off but very visible distance. There, you can see evidence of all of the ways that your goal has changed your life. People are cheering for you, clear signs of your success are awaiting you, and your own excitement stews as you prepare to run straight toward your goals. You take a few more breaths before you take off running. You start with a slow, yet steady pace. The milestones come by one at a time, and each one you pass you feel excited. You know that each time you pass a milestone, you are that much closer to your ultimate goal. Each time you pass a new milestone, you can hear a crowd cheering for you and rooting you on. As your race goes on, you feel yourself growing somewhat tired. However, each time you hear the crowd cheer and you come closer to your goal, you feel a renewed sense of energy that keeps you moving steadily forward. Sometimes it feels like you are not making any progress, and other times it feels like you are moving past the milestones with incredible timing. Either way, you feel confident that you are consistently moving forward and that your goal is getting closer and closer to you. Before you know it, there are just five milestones left between you and your goal. You pass the first one, cheering for yourself and growing more and more excited for what lies ahead. As the second one whizzes past, you feel yourself speed up so that you can get there faster. The third one goes by, and the cheers are getting louder. You can now hear the people at the finish line cheering for you, eagerly awaiting the opportunity to celebrate your achievement. You continue moving forward, now, as you pass the fourth milestone. Then, quickly after, you pass the last one. You are now past all of the milestones and rapidly closing in on the finish line. You can see your goal clearly, and everything that comes with it. Everyone you love and who loves and supports you is standing there, ready to celebrate you when you cross the line. They see you running and keeping up your pace, and they can’t help but jump up and down as they get the opportunity to witness you in such a bold and incredible achievement. The time comes, now, and you race across the finish line. Excited, you start looking around and seeing

all that you have won. In front of you, a big screen turns on and starts playing a video of your life. You recognize it to be your life that is yet to come, filled with wonderful images of how this goal has completely changed everything for you. You see how you interact with people differently now, how you lead your life differently, and even how you carry yourself differently as you experience greater confidence after your phenomenal win. All around you, you are being showered with evidence of your success and the goal that you have achieved. You spend time celebrating with the people you love, excited to share this moment with them to honor the achievement you have made. No one won this race for you, you did. Even though people cheered you on and offered you words of encouragement along the run, it was all you. You deserve this win. You earned this win. This win belongs to you, and you have every right to openly accept it and enjoy it. This win reflects your new normal, and your new normal is one that you have dreamed of for so long. You are now the proud owner of your brand new life, complete with all of the wonderful changes that your win has brought about. Spend some time celebrating this moment and cherishing it. Be sure to soak in all of those wonderful feelings and emotions that pour into you and flood your body as you enjoy your achievement.

When you are ready, I want you to gently bring your awareness back to your body. Take some time allowing your conscious mind to return to your physical existence, and gently wake yourself from your visualization. When you are done with the experience, you may open your eyes, now. Then, when you are ready, you can go about your day. Allow the feelings of this meditation to fuel you and guide you toward the success you desire, and move forward boldly as you embrace all that your life has to offer. The success you have visualized is yours, and you are steadily running toward it, claiming it in your own race to success.”

CHAPTER 19

INCREASED POSITIVITY

Positivity is a powerful tool that can help you effortlessly call in anything you desire. It can greatly increase your ability to successfully call on the law of attraction, and it can help you enjoy life even more. There are many wonderful benefits to being a positive person. People who are positive have a more optimistic outlook on life, and they tend to experience greater levels of confidence and success in general. They also have a tendency to be less sick and experience less physical and mental health issues in their life. There are many reasons why you may want to increase your positivity and feel more optimistic.

The law of attraction, naturally, can help you attract the optimistic outlook you seek to attract. Whether you are coming from a completely pessimistic background, or if you are typically an optimistic person but are having a bout of negativity, the law of attraction can help you get well on your way to being a positive person and enjoying all of the many benefits of being positive. You will feel happier, become more approachable, experience greater success in relationships and in life in general, and you will ultimately have a much better experience with life itself if you are willing to shift your focus and regard life from a positive angle. If this does not come naturally to you, fear not. There are many ways that you can call on the law of attraction to help you enjoy a positive and more enjoyable life. They all start with one specific action, too: intention.

Who this is for:

This practice is great for anyone who wants to feel more positive in their life. If you are completely unfamiliar or inexperienced with being positive, this practice can help you learn how to become positive. It can also help you receive and experience gratitude toward the many positive changes you experience. If you

are typically a positive person but have recently found that you are feeling more pessimistic, using the law of attraction can help you regain your positive outlook on life and resume a wonderful, enjoyable, and positive life filled with all of the benefits of being a positive person.

How it works:

Using the law of attraction for being a more positive person requires you to pay attention to every part of the six-steps that we talk about. You need to be very intentional, and you need to focus clearly on your beliefs. You will have to do a lot of work to redesign your beliefs, which requires you to take a lot of intentional action. You will also need to practice visualization on a regular basis, as this will help you stay focused on your intention and continue calling positivity into your life. Then, when you begin to receive the positivity that you have asked for, you will need to practice receiving it and showing gratitude for it. This is an ongoing process, as you will have to continually work to maintain your positivity. This does not mean that you will always be and feel positive, but it does mean that you will discard the tendency to lean toward a pessimistic view on things and experiences in your life. You may experience times that you lose your positive streak and you begin feeling pessimistic about things. If and when this happens, you may simply recall the strength of the law of attraction to help move you past these negative bouts and rekindle your ability to lead a happy, joyful, and positive life.

Six Steps of Attraction for Living a Positive Life:

When you are asking to lead a positive life, your question will likely be broader. You are not asking for something specific, aside from a more positive life. What you are really asking for, if you want to get clear, is for a more positive outlook on life. This means that you are requesting a deep internal shift that allows you to reframe your beliefs and how you view the world so that you can have more

positive experiences in your day to day life. You want to work toward this achieving process by first asking for it. The best way to ask for a more positive life is to ask this question each morning when you rise: “How can I have a positive day?” Focus on taking it one day at a time. If you are chronically pessimistic, or if you have fallen into pessimistic tendencies for any particular reason, avoid taking everything at once. Your entire life does not need to change at this moment. Instead, set the intention to have a more positive day, and continue setting that same intention each morning.

After you have asked to have a positive day, begin believing that it is possible. Do not write your day off based on past experiences. For example, thoughts such as “How can I have a positive day when I hate my job?” or “No one has a positive day when they’re surrounded by so and so and their negative attitude” should be eliminated. Do not allow these thoughts to shroud your ability to believe in your potential to have a wonderful and positive day. Instead, replace these chronic and habitual thoughts with ones such as “I am choosing positivity. How can I increase my positivity at this moment?” If you need to slow down and focus moment to moment instead of day to day, slow down. Take it easy and allow yourself to build up your beliefs and censor yourself of pessimistic ones that do not serve you in any way.

Spend time on a regular basis visualizing what life would be like if you were more positive. The best opportunity to make the most of this is to do it twice a day: once in the morning after asking how you can have a positive day, and once before bed when you are reflecting on the positive things that happened for you. When you are visualizing in the morning, come up with at least three ways that your day can be positive that day. Then, when you go to bed at night, recall at least three events that helped you feel more positive and optimistic that day. Spend time visualizing what these events are, how they make you feel, and anything that was particularly special about them.

Next, act in alignment with positivity. Look for opportunities to become more positive. How can you change your approach to each day in a way that will increase your optimism? Can you shift your focus and pay attention to things beyond what upsets you? Perhaps you can take on physical actions, such as getting in more physical exercise and eating healthier, or turning off the news and spending less time on social media where there tends to be an overwhelming amount of negative energy and information. Consider any actions you can take that will help you eliminate your pessimistic tendencies and begin shifting into a more positive and optimistic view of the world.

As you begin noticing yourself having positive reactions to things in your life, always take the time to openly receive these. The best way to receive these personal accomplishments is through self-awareness. Recognize your accomplishment and spend some time celebrating yourself for it. If you have not successfully responded in a positive manner, openly receive that, too. Utilize it as a lesson that will teach you how you can alter your approach in the future so that you can enjoy a more positive and optimistic approach going forward.

Each time you get the opportunity to celebrate your growth, always express gratitude, too. Show your gratitude toward yourself for your growth, toward the universe for providing you with growing opportunities, and toward the situation and circumstances for giving you the opportunity to make a change within yourself. Continue expressing gratitude every day, even long after you have fully adopted a positive outlook on life. Positive people tend to carry the trait of being unconditionally and limitlessly grateful for everything that they receive, so be sure to invest in this part frequently.

Meditation for Increasing Positivity:

If you are looking for a great meditation to increase your positivity, this one works wonderfully. This is a good meditation to listen to as you are falling

asleep, as it will help you foster positive feelings through the night. In doing this, you will increase your positive feelings for when you wake up, thus making it easier for you to approach the day with a new and more positive outlook. As most successful and positive people will tell you: the best way to become more positive is to start the day off on a positive note!

When you are ready to begin this meditation, ensure that you are also ready to go to bed. Brush your teeth, go to the bathroom, change into your comfiest pajamas, and crawl into bed for a good night's rest. Then, when you are ready to begin your wonderful journey into the realm of positivity, you may begin the meditation that follows.

"I want you to begin, now, by gently relaxing your eyes as you pick a point on the ceiling before you. Do not strain to choose your point, simply pick the one that comes naturally to you based on where your gaze relaxes. When you are ready, I want you to draw your attention to your breath. Notice how your breathing shifts when you lie down for a night of rest. Pay attention as it naturally becomes softer and grows more relaxed, as you no longer have to use it to fuel you. Instead, you may receive the relaxation that it has to offer. When you are ready, I want you to count out your natural breath rhythm to the count of three complete breaths in and out. Count slowly as you feel your lungs fill with air, and then comfortably come to a halt as they then empty of the same air. Feel how naturally the breath comes to you without having to think about it or force it. It simply flows, completely naturally, and comfortably, as if it knows exactly what to do, and when. And I wonder if you can consider how this fact appeals to your life, too. As though you know exactly what to do, when. Even when you feel as though you don't know, somehow you always come up with the answers and find your way through any obstacle that is presented to you. Interesting how that happens, no? If you are ready now, I ask you to please close your eyes and prepare to relax for a deep night's sleep. One where you will go to bed feeling positive and comfortable and wake up feeling positive and energized, ready to

face the day before you.

As you grow comfortable with your eyes closed, I want you to listen as I count backward from ten. Each time I count, I want you to feel twice as relaxed with each number you hear. Allow the relaxation to grow and multiply until you are completely relaxed and ready to follow the guided visualization. We will start now with 10, and then 9. Next 8, 7, 6, 5, and then 4. We will then move to 3, and 2, and finally 1. You should be feeling completely relaxed by now, and ready to embark on a beautiful journey to a realm of positivity. One that you will soon come to know and fully appreciate this path of yours. If you are ready, now, I want you to become aware of your body. Notice how each of your limbs feel, and how you are being supported by your bed and pillow. Take the time to become aware of how comfortable your blankets are, and how they have nestled you in a warm and comfortable sanctuary, now. Then, I want you to notice that just a few feet in front of you, a warm glowing white light appears. It may start out small at first, but soon it is glowing and bright as day just a few feet before your face. As you begin to increase your awareness around the glowing ball of white light, I want you to adjust your focus and notice that the ball is beginning to move toward your feet. As it does, you feel a warm sense of peace emanating from the ball. It gently enters your body from one of your toes. I don't know which toe, but you will. As it enters, you feel that particular toe being flushed of any negative or pent-up energy that has been housed there. It seems to just fade away as the glowing ball of white light illuminates your toe and replaces the stagnant and dark energy with a positive, shining white glow. Then, you feel it naturally begin to spread across all of your toes, until they are completely encompassed in the glowing white light of positivity. Each of your ten toes become warm and enlightened with peace and optimism, and all of the stagnant dark energies have simply been washed away. Slowly, the light begins drawing up your feet, encompassing both of them in that same glowing energy. You feel all of the stress and tension physically dissolve from your feet as they grow more

relaxed and comfortable. Any toxins or stressors that had been hiding away in your feet have been completely replaced by this beautiful white light. Then, it begins moving up your legs, filling your calves and shins with its beautiful white, glowing positive energy. All of the stress and stagnancy completely dissolve from your lower legs, now, as it is replaced with the energized vibrations of this powerful white light. Soon, it travels up past your knees and into your thighs and glutes, now. All the way through, it washes you clean of any negative energy that has been building up in these areas. You can feel your muscles relaxing as they physically let go of any tension that has built up, welcoming and cherishing the release of these energies, now. Slowly, the ball begins to travel again, shining it’s wonderful and warm glow into your lower abdomen and through your lower back, gently releasing the worries of the day that have been building. Any lower back pain you may have felt previously wiggles free and washes away as it is replaced by a positive, glowing white light of optimism and wonderful opportunity. Soon, the ball moves up into the middle of your stomach, shining brightly in your solar plexus and middle back. Once more, you feel tension and stress release as the negative energies that had previously lived here are washed away and are replaced by a beautiful and comforting energy. The light continues to travel, gliding up your spine and into your upper back, encompassing your shoulders and chest, now. Your muscles relax as they willingly release all of the stress and negativity that has built up in these areas. Soon, this area is glowing with the same beautiful white light that has filled the rest of your body. You feel your heart being flooded with a beautiful, positive energy that leaves you feeling relaxed and embraced in peace and love. You enjoy this position for a moment, allowing the white light to completely cleanse your heart of all of the negativity and disappointment that has built up here. All of the stress, tension, pain, and discomfort that you have been carrying in your heart and using to fuel your pessimistic views of the world are gently washed away as they are replaced with the positive energies of the white light that has been filling your entire body with loving energy. As your

heart returns to its natural, primal state of pure love and peace, the white light travels further, up your neck and around your throat. It fills your throat with loving peaceful energies, allowing you to effortlessly share and speak in positive manners. You can feel your vocal cords being cleansed of the negative energies of all of the pessimistic things you have said in your life, as they are replaced with the positive and peaceful energies of this light. Soon, it travels up the back of your skull, encompassing your scalp and wrapping around to your forehead. All of the tension you have carried here dissolves as it is replaced with relaxation and peace. It then travels down your face, covering your eyes with peace and teaching you to look for the positive in the world. Then, it comes down your cheeks, nose, and mouth, fully enveloping you in this white, positive light. After it has completely encased you in its glow, the light moves into your brain, washing it free of any negative thoughts that you may be carrying around with you. All of the harsh self-talk and negative criticisms that jade your view of the world are gently erased and replaced with the peace and positivity that this light embodies. Before you know it, your entire body is encompassed in this beautiful, peaceful energy. Your entire body feels a gentle buzzing of positivity around it, and you welcome it wholeheartedly. You are grateful to feel such as gentle yet powerful shift in your body, mind, heart, and soul. You are ready to allow this positivity to take over where negativity once lived, and to use this beautiful energy to fuel your life and lead you down a path of greatness and optimism. Although you know you can never relieve yourself of unwanted and uncomfortable experiences, you know that when you are equipped with the power of positivity, you can see the good in everything. Even those painful emotions and difficult times. So now, complete with your glowing shield of positive energy, you are ready to relax completely into your sleep. Then, when you wake up in the morning, you will be fueled by the powerful energy of positivity and ready to face the day, recharged and empowered. As you are ready, now, you may slowly stop listening to my words, and drift away into a complete, peaceful, and positive slumber. Now.”

CHAPTER 20

PEACE AND ABUNDANCE

A life filled with peace and abundance is the essence of the life that most of us crave and strive for in our lives. What if you were able to effortlessly attract this lifestyle to you without having to forcefully mold it into your life, or mold into the confinements of what it entails? In this chapter, we are going to explore the many ways that you can use the law of attraction to attract peace and abundance into your life effortlessly.

Peace and abundance both tend to have similar, yet very different meanings to various people. Some people, for example, see peace as a life filled with minimal disruption and designed in such a way that everything flows effortlessly. For others, peace means living in harmony with their surroundings, including the difficult and sometimes unenjoyable ones that we don't typically want to face but are occasionally required to. For some, abundance means receiving everything you ask for, whenever you ask for it. For others, it means feeling content and happy with what you already have in your life. In this chapter, before we explore how you can use the law of attraction to lead your most peaceful and abundant version of your life, we are going to first explore one additional topic: getting clear on what these two words mean to you. Then, you can apply the six steps of attraction process, and follow a meditation to help you begin living a more peaceful and abundant lifestyle, as per your own unique interpretation of the words.

Who this is for:

This practice is for anyone who desires to attract more peace and abundance into their life. Whether you currently have a strong idea of what these two words mean to you, or if you first want to gain clarity on them and then enforce them in

your life, this chapter will help you discover how you can increase the amount of peace and abundance you experience in your life. As per the rules of the law of attraction, you can use this practice to attract in any form of peace and abundance you desire, regardless of what your unique interpretation of the words is. You are not required to censor yourself or dream small in order to make the law work. In fact, the bigger and more personal your dreams, the more effective you will be at calling them in.

How it works:

The first step to using the law of attraction to attract peace and abundance in your life is to identify what your unique idea of these words is. You will gain clarity and develop a strong understanding of what it is that you want so that you can easily ask for it and receive it. Then, you will be able to follow the typical six steps of attraction, adapted to suit the exact forms of peace and abundance that you seek to attract. Then, you can continue enforcing daily rituals and routines to ensure that your peace and abundance continues to flow, freely. Soon, it will become routine for you to attract these two qualities into your life. If you find, however, that they lack at any given point, you can simply come back to this chapter and complete the practice over again, thus helping you open yourself back up to receiving peace and abundance, and all that they have to offer you in your life.

Gaining Clarity:

Gaining clarity is vital. When we don't know what we are asking for, it is hard to measure whether or not we are actually receiving it. We cannot be clear on what to do in order to attract it, and ultimately we struggle to align ourselves with it because it is so unclear to us, and therefore to the universe that surrounds us. Gaining clarity is simple, yet it is highly important.

In order to gain clarity, you are essentially going to brainstorm. Start with peace,

and work your way through the steps completely. Then, work your way back through them, but focus your attention on abundance. You want to begin by asking yourself a very simple question: "What does this word mean to me?" Then, you want to write down everything that comes to mind. Document every single answer that you can think of, censoring nothing. You can write it in a list, make some form of brainstorm chart, or simply say it out loud into a voice recorder. Then, when you are done, review what you have written. See if you can think of a common theme and what you believe this word means. If you can, use that as your "official" definition. If you cannot, then everything you have answered becomes your official definition.

Once you have chosen your definition, keep this in mind. Think it over, visualize what it looks like in action, and spend some time getting to know it well. Get to know what it means, what it feels like, and how it changes your life. This is the clarity-building part where you get to really turn your definition and idea of both peace and abundance into a concrete description for yourself.

Six Steps of Attraction to Achieve a Peaceful and Abundant Lifestyle:

When it comes to asking for peace and abundance in your life, you do not necessarily have to list off all of the types of peace and abundance that you mean. Instead, you may say something simple such as "How can I attract peace in my unique definition of the word today?" Or, you may wish to go into detail. For example, you might ask "How can I attract abundance in the form of money, friends, health, and blessings today?" You may ask in whatever way you desire. Know, however, that if you do not go into great detail, the universe will still know what you mean. This is because *you* are clear on what you mean, and therefore the universe will be able to also interpret your request in your unique way.

Once you have asked for what you want, begin believing that it is possible. Now

that you have a clear definition of what you believe peace and abundance mean, you can begin designing your beliefs to serve these thoughts. For example, if you believe abundance means knowing your life purpose and peace means living in alignment with it, you can begin to shift your thoughts to serve this new belief. Anything that you choose to believe in these two words is what you should consider when you are shifting your focus and adjusting your belief. Be sure to call on your self-awareness skills and use them to your advantage here, ensuring that you are able to censor yourself of any thoughts that oppose your new beliefs.

The next step is visualizing your life complete with the peace and abundance which you desire. This is where you get to recall your unique definitions of peace and abundance and express them creatively in your visions. You can spend time imagining how these two definitions will play out in your life, and in what way they serve you to enjoy a blessed, abundant, and peaceful existence. In general, you should spend at least 10 minutes per day visualizing what you desire. So, if your primary desire is for peace and abundance, be sure to invest at least 10 minutes each day visualizing your life filled with peace and abundance.

As you become more accustomed to what your life is like with peace and abundance, it becomes times to take action. The action you take will vary, particularly depending on what your beliefs about peace and abundance actually are. You will want to take decisive and active action on a daily basis to attract these two values into your life. This may include activities such as journaling, consciously choosing to partake in peaceful and abundant activities and consciously choosing not to partake in those that steal your peace or inhibit your abundant flow. You may also want to take action such as by following wealth-building and greater experience-building activities like those outlined earlier in this book. How you choose to take action will be entirely up to you and the results you desire, but know that conscious and intentional action are both important in attracting peace and abundance into your life.

When you begin experiencing the peace and abundance that you have asked for, it is important that you open yourself up to receive these blessings. As humans, we have a natural tendency to complicate things and make them more difficult than they need to be. Instead of feeding into this tendency, practice openly accepting the receiving process. Skip the bashfulness and need to complicate things and head directly to giving gratitude instead.

Giving gratitude can come in many forms. The easiest tends to be expressing gratitude to the universe for your blessings, abundance, and peace. You can say thank you when you see any evidence showing up that proves that you are actively attracting these values into your life. Each time you find the strength within yourself to choose peace over frustration or difficulties, or abundance over poverty, say thank you and express gratitude to yourself for choosing to live in alignment with that which you desire. Be open and free with your gratitude.

Meditation for Peace and Abundance:

A great way to attract peace and abundance into your life is through meditation. As you know, meditation is powerful in assisting us with the visualization process which allows us to grow more confident and clear in what we are asking for. The following meditation is one that will allow you to design a life of peace and abundance and effortlessly attract it to yourself, allowing you to easily call it in and begin living that very life immediately.

When you are ready to begin this meditation, ensure that you are sitting or lying down somewhere comfortable. You want to be completely relaxed and able to enjoy the peace that will come your way. Then, when you are ready, you can close your eyes and embark on this meditational journey that will help you attract these two values into your life.

"I want you to begin by completely relaxing in your body, now. Allow yourself to comfortably settle into your position and enjoy the surface upon which your

body rests. Feel yourself sinking into the surface as gravity takes over and pulls you in gently, allowing you to be completely comforted by the surface upon which you sit or lie. When you are ready, I want you to picture yourself walking down a hallway. At first, the hallway seems to have no end. It seems to carry the same energies that your daily life carries. Perhaps the hallway feels dreary or mundane, or it may feel frustrating and stressful. You may feel as though there is never enough, and struggle to get to where you want to go because there seems to be nothing that changes about this hallway. You continue walking, noticing that everything remains as it has always been. Soon, you see an end coming near. The hallway appears to have a wall at the end. You approach it and notice that the hallway splits into two directions. One to the right, and one to the left. You look both ways and wonder which one you should choose. To the right, the hallway appears to have the same energy that you have always known. It is not exactly what you want for yourself, but it is comfortable and predictable. You know what to expect if you choose that direction. To the left, however, things seem less concrete. You are unaware of what the energy is, as you have never experienced it before. It feels good, and you are curious about what it might bring for you. After a few moments of consideration, you choose to turn left and head down the hallway. You continue walking, and everything begins to change. Although nothing looks different, the entire energy of the hallway has shifted. Suddenly, all of those unwanted and uncomfortable feelings seem to subside and make way for a new reality. Something shifts completely and you feel sensations of peace and abundance growing stronger and stronger. At the end of the hallway, you notice a door. You hear music and laughter coming from behind the door, and you are curious to see what is going on. So, you open the door. Behind it, everything that you ever imagined peace and abundance would look like lies. People are laughing, enjoying themselves, and having a good time. Everyone is embracing the unknown and basking in the positive energies that they have absorbed on their path of peace and abundance. The music is one that seems intoxicating, and you can’t help but sway to the beat a little. Everything feels

different for you as if you have stepped into an alternate reality where you are now significantly more at peace in your life and abundance flows easily to you. People are offering you anything you want, and the environment is calm and enjoyable, despite being energetic and playful. You enjoy the environment, noticing how good it feels to be among peace and abundance. You seem to fit in naturally, and everything sits so comfortably with you as you enjoy it all, effortlessly. Soon, the visual gently fades away. You, however, are left feeling more peaceful and abundant than ever before. With that feeling inside of you, I encourage you to open your eyes when you are ready and return to the physical world, now. Here, you may carry those wonderful sensations of peace and abundance with you, as you embark on a new journey where your desired definitions of peace and abundance come effortlessly to you."

CONCLUSION

We follow laws that our society and government have. These laws, if carefully followed by every individual, result to a more peaceful and more organized community. On the contrast, if the laws or rules are not followed, can result to social, environmental, or economic conflicts. Yes, the laws are what operates the society and what let us move harmoniously with other people.

The law of attraction is a universal law. This universal law gives us a clear idea of how we should behave in the universal society, and what we should expect to receive in return, as well. When it comes to manifesting, the law of attraction states that we should not merely ask for what we want, but we should *expect* it. When we ask for something, the universe *wants* to give it to us. Think about it: when a flower needs sunlight, sun is provided. When a tree needs dirt to bury its roots in, dirt is found. When a pregnant wolf is ready to give birth, a cave is available. Anytime a living being residing in this universe needs something in order to advance its life and universal life, the resources are immediately provided to it. So, would it not be ignorant and somewhat selfish of you to believe that you are the only living being in the entire universe not worthy of the resources required to flourish? In my opinion, yes, it would be rude. The universe did not create you and nurture you into your present existence just to starve you of all that you need to thrive. Instead, it is actively prepared to provide you with anything that you may need, want, or desire in order to not only advance your life but live in the fullest way that you possibly can.

Universal life force energy wants to experience *life*. Since you are a life, you are the body through which it gains the opportunity to experience. Those who do not embrace and enjoy experiences perish, and eventually fade away. It is quite literally your duty to call in all of the resources that you require in order to live your life to the fullest, in any way that you see fit. Through doing so, you allow the universe the opportunity to expect that it will get to experience its one true love: life!

Most people are completely unaware of the fact that they have already mastered the art of the law of attraction. They focus on how badly their body hurts and how ill their health is, and thus their life perishes away to a life filled with pain and ill health. Their body does not look the way they desire it to look, and they consistently feel as though they are in a state of chaos and destruction. They focus on how little money they have and how much they struggle to pay their bills, and therefore less money comes in, and the struggle grows harder. They focus on how little love they have in their life, or on all of the ways that love has and continues to fail them, and so they fail to have love in their life. They focus on how mundane, boring, or undesirable their life is, and therefore it becomes more mundane, boring, and undesirable. But here is the thing: the only person that fails and suffers as a result of these unhelpful thoughts and obsessions is *you.* The universe is not suffering, because it is experiencing life in one of the many forms that it exists. It wants to experience life in all forms, and you have chosen to be the person who it experiences life through in an existence of suffering, pain, and perish.

Wildly enough, all it takes for you to migrate to the opposite end of the spectrum is a decision. When you decide to begin living your life in accordance with **the opposite form of life,** suddenly your life will change. The universe will eagerly accept the opportunity to continue experiencing life through you in a new way, and will happily provide you with any and all resources that you require to begin experiencing life in that new and exciting way.

You have complete capabilities of co-creating your existence at the hand of the universe. You may choose where you focus your energy, where you keep your attention, and what you choose to accept and allow into your life. It is completely up to you what you choose to do in your unique existence. The universe will always happily provide you with anything that you desire in order to continue living life through you to the fullest. The only choice you truly have to make is: will you facilitate the universe living to the fullest *negative* experiences, or will you facilitate the universe living to the fullest *positive* experiences through you?

Throughout this book, you have been provided with all of the fundamental requirements that you need in order to master the art of the law of attraction. You have been given the opportunity to regard the six fundamental steps in the process, how you can use them in a variety of situations to help you maximize your life experiences and have a better quality of life overall, and how to increase your positive energy. You have been given the opportunity to listen to more than twenty phenomenal meditations that will each help you master the law of attraction and facilitate the highest level of attraction in your life possible, which is infinite by the way. You have also been given information on how the law of attraction works, what ways you may feel naturally inclined to oppose it, and how you can overcome these natural tendencies to ensure that you are able to successfully welcome in all of the fruits of your labor. All that is left for you to do is take action on a daily basis and openly receive all of the blessings that you have set out to receive.

As we draw this experience to a close, I ask you to please take the time to consider giving me honest feedback on your experience with this book. Your raving review would be greatly appreciated.

Thank you, and never forget how abundant you are.